

Menu Calendar Nutrient Analysis Report - October, 2017

Site: Guthrie High School
 Date: 10/01/2017 - 10/31/2017

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Fat (g) | Sfat (g) | Na (mg) | Carb (g) | Pro (g) |
|--|-------------|--------------------|---------|----------|------------|-------------|---------|
| XR2 Grill - Week 5 Day 1 - ServingDate: 10/02/2017 | | | | | | | |
| Cheeseburger, 2.4 oz beef, soy, mushroom patty, American cheese, hamburger roll, RECIPE - OKR1164 (1 burger) | 50 | 350.00 | 13.50 | 5.50 | 705.00 | 34.00 | 20.50 |
| Chicken Burger, Tyson breaded patty, hamburger roll, RECIPE - OKR1124 (1 burger) | 50 | 430.00 | 17.00 | 2.50 | 670.00 | 47.00 | 22.00 |
| Chili Cheese Hotdog - OKR1086 (1 serving) | 0 | 431.30 | 15.89 | 4.97 | 850.16 | 49.91 | 22.44 |
| Hamburger, 2.4 oz beef, soy, mushroom patty, hamburger roll, RECIPE - OKR1165 (1 burger) | 75 | 300.00 | 9.00 | 3.00 | 450.00 | 34.00 | 18.00 |
| Spicy Chicken Burger, Tyson patty, hamburger roll, RECIPE - OKR1167 (1 burger) | 50 | 430.00 | 17.00 | 3.00 | 670.00 | 48.00 | 21.00 |
| 100% Apple Juice - SR1204 (4 fl oz cup) | 150 | 60.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |
| Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl) | 10 | (M) | (M) | (M) | (M) | (M) | (M) |
| Banana - SR1166 (1 medium (7")) | 10 | 105.02 | 0.39 | 0.13 | 1.18 | 26.95 | 1.29 |
| Fresh Whole Oranges - SR1171 (1 small (2-3)) | 10 | 45.12 | 0.12 | 0.01 | 0.00 | 11.28 | 0.90 |
| Chilled Pineapple - SR1495 (1/2 c.) | 10 | 62.40 | 0.00 | 0.00 | 1.04 | 16.18 | 0.53 |
| Fresh Baby Carrots - SR1016 (1/2 c.) | 50 | 24.81 | 0.09 | 0.02 | 55.28 | 5.84 | 0.45 |
| Garden Side Salad - SR1429 (1 c.) | 40 | 18.89 | 0.18 | 0.03 | 31.03 | 3.96 | 1.15 |
| Potato Tater Tots - OKR1073 (1/2 c.) | 200 | 90.55 | 3.52 | 0.00 | 160.97 | 14.09 | 1.01 |
| Chocolate Skim Milk - OKR1062 (8 oz.) | 40 | 120.00 | 0.00 | 0.00 | 180.00 | 20.00 | 8.00 |
| White 1% Milk - OKR1061 (8 oz.) | 40 | 110.00 | 2.50 | 1.50 | 130.00 | 13.00 | 8.00 |
| White Skim Milk - OKR1060 (8 oz.) | 40 | 90.00 | 0.00 | 0.00 | 130.00 | 13.00 | 8.00 |
| Diced Yellow Onion - SR1264 (2 tbsp.) | 20 | 8.00 | 0.02 | 0.01 | 0.80 | 1.87 | 0.22 |

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| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Fat (g) | Sfat (g) | Na (mg) | Carb (g) | Pro (g) |
|--|----------------|--------------------|---------|----------|------------|-------------|---------|
| XR2 Grill - Week 5 Day 1 - ServingDate: 10/02/2017 | | | | | | | |
| Dill Pickle Chips - SR1399 (2 tbsp.) | 40 | 0.00 | 0.00 | 0.00 | 101.00 | 0.00 | 0.00 |
| Kansas City Barbecue Sauce - OKR1022 (1 tbsp.) | 20 | 30.00 | 0.00 | 0.00 | 200.00 | 7.50 | 0.00 |
| Ketchup - SR1004 (1 pump) | 200 | 40.00 | 0.00 | 0.00 | 320.00 | 10.00 | 0.00 |
| Shredded Lettuce - SR1015 (1/4 cup shredd) | 20 | 2.52 | 0.03 | 0.00 | 1.80 | 0.54 | 0.16 |
| Light Mayo - SR1005 (1 tbsp.) | 30 | 45.00 | 4.00 | 0.50 | 130.00 | 2.00 | 0.00 |
| Yellow Mustard - SR1006 (1 tbsp.) | 30 | 0.00 | 0.00 | 0.00 | 165.00 | 0.00 | 0.00 |
| Light Ranch Dressing - SR1003 (1 tbsp.) | 75 | 25.00 | 1.75 | 0.25 | 185.00 | 2.50 | 0.00 |
| Jalapeno Pepper Slices - SR1074 (1 tbsp.) | 30 | 1.25 | 0.00 | 0.00 | 75.00 | 0.25 | 0.00 |
| Sliced Red Tomatoes - SR1536 (2 1/2 slice) | 20 | 6.75 | 0.08 | 0.01 | 1.88 | 1.46 | 0.33 |
| XR2 Grill - Week 5 Day 2 - ServingDate: 10/03/2017 | | | | | | | |
| Cheeseburger, 2.4 oz beef, soy, mushroom patty, American cheese, hamburger roll, RECIPE - OKR1164 (1 burger) | 75 | 350.00 | 13.50 | 5.50 | 705.00 | 34.00 | 20.50 |
| Chicken Burger, Tyson breaded patty, hamburger roll, RECIPE - OKR1124 (1 burger) | 50 | 430.00 | 17.00 | 2.50 | 670.00 | 47.00 | 22.00 |
| Hamburger, 2.4 oz beef, soy, mushroom patty, hamburger roll, RECIPE - OKR1165 (1 burger) | 50 | 300.00 | 9.00 | 3.00 | 450.00 | 34.00 | 18.00 |
| Pulled Pork Sandwich, Brookwood Pork - OKR1216 (1 sandwich) | 50 | 403.10 | 19.15 | 5.88 | 326.70 | 31.00 | 28.18 |
| Spicy Chicken Burger, Tyson patty, hamburger roll, RECIPE - OKR1167 (1 burger) | 50 | 430.00 | 17.00 | 3.00 | 670.00 | 48.00 | 21.00 |
| 100% Apple Juice - SR1204 (4 fl oz cup) | 150 | 60.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |

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Site: Guthrie High School

Date: 10/01/2017 - 10/31/2017

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Fat (g) | Sfat (g) | Na (mg) | Carb (g) | Pro (g) |
|---|----------------|--------------------|---------|----------|------------|-------------|---------|
| XR2 Grill - Week 5 Day 2 - ServingDate: 10/03/2017 | | | | | | | |
| Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl) | 10 | (M) | (M) | (M) | (M) | (M) | (M) |
| Banana - SR1166 (1 medium (7")) | 10 | 105.02 | 0.39 | 0.13 | 1.18 | 26.95 | 1.29 |
| Fresh Whole Oranges - SR1171 (1 small (2-3)) | 10 | 45.12 | 0.12 | 0.01 | 0.00 | 11.28 | 0.90 |
| Diced Peaches - SR1196 (1/2 c.) | 10 | 59.11 | 0.04 | 0.00 | 5.37 | 15.54 | 0.85 |
| Baked Beans, vegetarian - OKR1318 (1/2 c.) | 150 | 190.92 | 0.01 | 0.00 | 797.38 | 44.03 | 7.66 |
| Fresh Broccoli Florets - SR1027 (1/2 c.) | 50 | 10.84 | 0.12 | 0.01 | 10.53 | 2.12 | 0.90 |
| Caesar Side Salad - SR1428 (1 c.) | 50 | 104.50 | 8.24 | 2.04 | 402.31 | 5.67 | 2.49 |
| Chocolate Skim Milk - OKR1062 (8 oz.) | 40 | 120.00 | 0.00 | 0.00 | 180.00 | 20.00 | 8.00 |
| White 1% Milk - OKR1061 (8 oz.) | 40 | 110.00 | 2.50 | 1.50 | 130.00 | 13.00 | 8.00 |
| White Skim Milk - OKR1060 (8 oz.) | 40 | 90.00 | 0.00 | 0.00 | 130.00 | 13.00 | 8.00 |
| Caesar Dressing - SR1551 (2 tbsp.) | 50 | 130.00 | 14.00 | 2.50 | 210.00 | 1.00 | 1.00 |
| Diced Yellow Onion - SR1264 (2 tbsp.) | 20 | 8.00 | 0.02 | 0.01 | 0.80 | 1.87 | 0.22 |
| Dill Pickle Chips - SR1399 (2 tbsp.) | 20 | 0.00 | 0.00 | 0.00 | 101.00 | 0.00 | 0.00 |
| Kansas City Barbecue Sauce - OKR1022 (1 tbsp.) | 20 | 30.00 | 0.00 | 0.00 | 200.00 | 7.50 | 0.00 |
| Ketchup - SR1004 (1 pump) | 200 | 40.00 | 0.00 | 0.00 | 320.00 | 10.00 | 0.00 |
| Shredded Lettuce - SR1015 (1/4 cup shredd) | 20 | 2.52 | 0.03 | 0.00 | 1.80 | 0.54 | 0.16 |
| Light Mayo - SR1005 (1 tbsp.) | 20 | 45.00 | 4.00 | 0.50 | 130.00 | 2.00 | 0.00 |
| Yellow Mustard - SR1006 (1 tbsp.) | 20 | 0.00 | 0.00 | 0.00 | 165.00 | 0.00 | 0.00 |
| Light Ranch Dressing - SR1003 (1 tbsp.) | 50 | 25.00 | 1.75 | 0.25 | 185.00 | 2.50 | 0.00 |
| Jalapeno Pepper Slices - SR1074 (1 tbsp.) | 20 | 1.25 | 0.00 | 0.00 | 75.00 | 0.25 | 0.00 |

Menu Calendar Nutrient Analysis Report - October, 2017

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| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Fat (g) | Sfat (g) | Na (mg) | Carb (g) | Pro (g) |
|---|----------------|--------------------|---------|----------|------------|-------------|---------|
| XR2 Grill - Week 5 Day 2 - ServingDate: 10/03/2017 | | | | | | | |
| Sliced Red Tomatoes - SR1536 (2 1/2 slice) | 20 | 6.75 | 0.08 | 0.01 | 1.88 | 1.46 | 0.33 |
| XR2 Grill - Week 5 Day 3 - ServingDate: 10/04/2017 | | | | | | | |
| Chicken Burger, Tyson breaded patty, hamburger roll, RECIPE - OKR1124 (1 burger) | 25 | 430.00 | 17.00 | 2.50 | 670.00 | 47.00 | 22.00 |
| Hamburger - SR1107 (1 burger) | 100 | 270.00 | 9.00 | 3.00 | 440.00 | 28.00 | 18.00 |
| Spicy Chicken Burger, Tyson patty, hamburger roll, RECIPE - OKR1167 (1 burger) | 50 | 430.00 | 17.00 | 3.00 | 670.00 | 48.00 | 21.00 |
| American Cheese Slice - SR1535 (1/2 oz.) | 25 | 50.00 | 4.50 | 2.50 | 255.00 | 0.00 | 2.50 |
| Provolone Cheese Slice; Schreiber - OKR1213 (1/2 oz.) | 25 | 53.33 | 4.00 | 2.00 | 120.00 | 0.00 | 3.33 |
| Swiss-American Cheese Slice; Schreiber - OKR1212 (1/2 oz.) | 25 | 50.00 | 4.00 | 2.50 | 0.00 | 0.50 | 3.00 |
| 100% Apple Juice - SR1204 (4 fl oz cup) | 100 | 60.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |
| Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl) | 10 | (M) | (M) | (M) | (M) | (M) | (M) |
| Applesauce - SR1195 (1/2 c.) | 10 | 55.51 | 0.13 | 0.01 | 2.64 | 14.89 | 0.23 |
| Banana - SR1166 (1 medium (7")) | 10 | 105.02 | 0.39 | 0.13 | 1.18 | 26.95 | 1.29 |
| Orange Smiles - SR1172 (6 slice or w) | 10 | 45.12 | 0.12 | 0.01 | 0.00 | 11.28 | 0.90 |
| Fresh Baby Carrots - SR1016 (1/2 c.) | 40 | 24.81 | 0.09 | 0.02 | 55.28 | 5.84 | 0.45 |
| Garden Side Salad - SR1429 (1 c.) | 30 | 18.89 | 0.18 | 0.03 | 31.03 | 3.96 | 1.15 |
| Potato Fry - OKR1089 (1/2 c.) | 150 | 110.00 | 3.50 | 0.50 | 130.00 | 18.00 | 2.00 |
| Chocolate Skim Milk - OKR1062 (8 oz.) | 30 | 120.00 | 0.00 | 0.00 | 180.00 | 20.00 | 8.00 |
| While 1% Milk - OKR1061 (8 oz.) | 30 | 110.00 | 2.50 | 1.50 | 130.00 | 13.00 | 8.00 |

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|--|-------------|--------------------|---------|----------|------------|-------------|---------|
| XR2 Grill - Week 5 Day 3 - ServingDate: 10/04/2017 | | | | | | | |
| White Skim Milk - OKR1060 (8 oz.) | 30 | 90.00 | 0.00 | 0.00 | 130.00 | 13.00 | 8.00 |
| Barbecue Honey Sauce - OKR1198 (1/8 c.) | 20 | 73.76 | 0.00 | 0.00 | 320.34 | 18.96 | 0.03 |
| Buffalo Ranch Dressing - SR1453 (1 tbsp.) | 20 | 16.79 | 1.17 | 0.17 | 323.35 | 1.69 | 0.01 |
| Caramelized Onions - SR1210 (1/4 c.) | 30 | 66.38 | 2.90 | 0.29 | 4.14 | 9.67 | 1.14 |
| Diced Yellow Onion - SR1264 (2 tbsp.) | 20 | 8.00 | 0.02 | 0.01 | 0.80 | 1.87 | 0.22 |
| Dill Pickle Chips - SR1399 (2 tbsp.) | 40 | 0.00 | 0.00 | 0.00 | 101.00 | 0.00 | 0.00 |
| Kansas City Barbecue Sauce - OKR1022 (1 tbsp.) | 20 | 30.00 | 0.00 | 0.00 | 200.00 | 7.50 | 0.00 |
| Ketchup - SR1004 (1 pump) | 150 | 40.00 | 0.00 | 0.00 | 320.00 | 10.00 | 0.00 |
| Shredded Lettuce - SR1015 (1/4 cup shredd) | 20 | 2.52 | 0.03 | 0.00 | 1.80 | 0.54 | 0.16 |
| Light Mayo - SR1005 (1 tbsp.) | 20 | 45.00 | 4.00 | 0.50 | 130.00 | 2.00 | 0.00 |
| Yellow Mustard - SR1006 (1 tbsp.) | 20 | 0.00 | 0.00 | 0.00 | 165.00 | 0.00 | 0.00 |
| Light Ranch Dressing - SR1003 (1 tbsp.) | 30 | 25.00 | 1.75 | 0.25 | 185.00 | 2.50 | 0.00 |
| Jalapeno Pepper Slices - SR1074 (1 tbsp.) | 30 | 1.25 | 0.00 | 0.00 | 75.00 | 0.25 | 0.00 |
| Chipotle Lime Mayonnaise - SR1294 (1 tbsp.) | 20 | 39.74 | 3.13 | 0.35 | 102.90 | 3.30 | 0.04 |
| Sauteed Peppers - OKR1210 (1/4 cup strips) | 30 | 51.76 | 3.03 | 0.32 | 4.02 | 6.21 | 1.15 |
| Sliced Red Tomatoes - SR1536 (2 1/2 slice) | 20 | 6.75 | 0.08 | 0.01 | 1.88 | 1.46 | 0.33 |
| XR2 Grill - Week 5 Day 4 - ServingDate: 10/05/2017 | | | | | | | |
| Cheeseburger, 2.4 oz beef, soy, mushroom patty, American cheese, hamburger roll, RECIPE - OKR1164 (1 burger) | 50 | 350.00 | 13.50 | 5.50 | 705.00 | 34.00 | 20.50 |

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|--|----------------|--------------------|---------|----------|------------|-------------|---------|
| XR2 Grill - Week 5 Day 4 - ServingDate: 10/05/2017 | | | | | | | |
| Grilled Chicken Sandwich - OKR1151 (1 sandwich) | 50 | 260.00 | 7.00 | 1.50 | 430.00 | 31.00 | 19.00 |
| Hamburger, 2.4 oz beef, soy, mushroom patty, hamburger roll, RECIPE - OKR1165 (1 burger) | 25 | 300.00 | 9.00 | 3.00 | 450.00 | 34.00 | 18.00 |
| Spicy Chicken Burger, Tyson patty, hamburger roll, RECIPE - OKR1167 (1 burger) | 50 | 430.00 | 17.00 | 3.00 | 670.00 | 48.00 | 21.00 |
| Chicken Burger, Tyson breaded patty, hamburger roll, RECIPE - OKR1124 (1 burger) | 25 | 430.00 | 17.00 | 2.50 | 670.00 | 47.00 | 22.00 |
| 100% Apple Juice - SR1204 (4 fl oz cup) | 100 | 60.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |
| Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl) | 10 | (M) | (M) | (M) | (M) | (M) | (M) |
| Banana - SR1166 (1 medium (7")) | 10 | 105.02 | 0.39 | 0.13 | 1.18 | 26.95 | 1.29 |
| Diced Bartlett Pears - SR1194 (1/2 c.) | 10 | 70.42 | 0.10 | 0.01 | 5.63 | 18.22 | 0.00 |
| Fresh Whole Oranges - SR1171 (1 small (2-3)) | 10 | 45.12 | 0.12 | 0.01 | 0.00 | 11.28 | 0.90 |
| Fresh Broccoli Florets - SR1027 (1/2 c.) | 50 | 10.84 | 0.12 | 0.01 | 10.53 | 2.12 | 0.90 |
| Caesar Side Salad - SR1428 (1 c.) | 50 | 104.50 | 8.24 | 2.04 | 402.31 | 5.67 | 2.49 |
| Country Style Potato Wedges - SR1029 (1/2 c.) | 150 | 90.28 | 2.51 | 0.00 | 30.09 | 15.05 | 2.01 |
| Chocolate Skim Milk - OKR1062 (8 oz.) | 30 | 120.00 | 0.00 | 0.00 | 180.00 | 20.00 | 8.00 |
| White 1% Milk - OKR1061 (8 oz.) | 30 | 110.00 | 2.50 | 1.50 | 130.00 | 13.00 | 8.00 |
| White Skim Milk - OKR1060 (8 oz.) | 30 | 90.00 | 0.00 | 0.00 | 130.00 | 13.00 | 8.00 |
| Caesar Dressing - SR1551 (2 tbsp.) | 50 | 130.00 | 14.00 | 2.50 | 210.00 | 1.00 | 1.00 |
| Diced Yellow Onion - SR1264 (2 tbsp.) | 20 | 8.00 | 0.02 | 0.01 | 0.80 | 1.87 | 0.22 |

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|--|-------------|--------------------|---------|----------|------------|-------------|---------|
| XR2 Grill - Week 5 Day 4 - ServingDate: 10/05/2017 | | | | | | | |
| Dill Pickle Chips - SR1399 (2 tbsp.) | 30 | 0.00 | 0.00 | 0.00 | 101.00 | 0.00 | 0.00 |
| Kansas City Barbecue Sauce - OKR1022 (1 tbsp.) | 20 | 30.00 | 0.00 | 0.00 | 200.00 | 7.50 | 0.00 |
| Ketchup - SR1004 (1 pump) | 150 | 40.00 | 0.00 | 0.00 | 320.00 | 10.00 | 0.00 |
| Shredded Lettuce - SR1015 (1/4 cup shredd) | 20 | 2.52 | 0.03 | 0.00 | 1.80 | 0.54 | 0.16 |
| Light Mayo - SR1005 (1 tbsp.) | 30 | 45.00 | 4.00 | 0.50 | 130.00 | 2.00 | 0.00 |
| Yellow Mustard - SR1006 (1 tbsp.) | 30 | 0.00 | 0.00 | 0.00 | 165.00 | 0.00 | 0.00 |
| Light Ranch Dressing - SR1003 (1 tbsp.) | 50 | 25.00 | 1.75 | 0.25 | 185.00 | 2.50 | 0.00 |
| Jalapeno Pepper Slices - SR1074 (1 tbsp.) | 20 | 1.25 | 0.00 | 0.00 | 75.00 | 0.25 | 0.00 |
| Sliced Red Tomatoes - SR1536 (2 1/2 slice) | 20 | 6.75 | 0.08 | 0.01 | 1.88 | 1.46 | 0.33 |
| XR2 Grill - Week 5 Day 5 - ServingDate: 10/06/2017 | | | | | | | |
| Cheeseburger, 2.4 oz beef, soy, mushroom patty, American cheese, hamburger roll, RECIPE - OKR1164 (1 burger) | 75 | 350.00 | 13.50 | 5.50 | 705.00 | 34.00 | 20.50 |
| Chicken Burger, Tyson breaded patty, hamburger roll, RECIPE - OKR1124 (1 burger) | 50 | 430.00 | 17.00 | 2.50 | 670.00 | 47.00 | 22.00 |
| Hamburger, 2.4 oz beef, soy, mushroom patty, hamburger roll, RECIPE - OKR1165 (1 burger) | 50 | 300.00 | 9.00 | 3.00 | 450.00 | 34.00 | 18.00 |
| Spicy Chicken Burger, Tyson patty, hamburger roll, RECIPE - OKR1167 (1 burger) | 75 | 430.00 | 17.00 | 3.00 | 670.00 | 48.00 | 21.00 |
| Three Cheese Toaster - OKR1013 (1 panini) | 50 | 330.00 | 17.00 | 9.25 | 835.00 | 29.00 | 18.00 |
| 100% Apple Juice - SR1204 (4 fl oz cup) | 150 | 60.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |

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|---|----------------|--------------------|---------|----------|------------|-------------|---------|
| XR2 Grill - Week 5 Day 5 - ServingDate: 10/06/2017 | | | | | | | |
| Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl) | 10 | (M) | (M) | (M) | (M) | (M) | (M) |
| Banana - SR1166 (1 medium (7")) | 10 | 105.02 | 0.39 | 0.13 | 1.18 | 26.95 | 1.29 |
| Mixed Fruit - SR1037 (1/2 c.) | 10 | 59.05 | 0.00 | 0.00 | 5.13 | 15.22 | 0.59 |
| Fresh Whole Oranges - SR1171 (1 small (2-3)) | 10 | 45.12 | 0.12 | 0.01 | 0.00 | 11.28 | 0.90 |
| Fresh Celery Sticks - SR1014 (6 stick (4") | 50 | 10.34 | 0.11 | 0.03 | 51.71 | 1.92 | 0.45 |
| Garden Side Salad - SR1429 (1 c.) | 50 | 18.89 | 0.18 | 0.03 | 31.03 | 3.96 | 1.15 |
| Potato Fry - OKR1089 (1/2 c.) | 200 | 110.00 | 3.50 | 0.50 | 130.00 | 18.00 | 2.00 |
| Chocolate Skim Milk - OKR1062 (8 oz.) | 50 | 120.00 | 0.00 | 0.00 | 180.00 | 20.00 | 8.00 |
| White 1% Milk - OKR1061 (8 oz.) | 50 | 110.00 | 2.50 | 1.50 | 130.00 | 13.00 | 8.00 |
| White Skim Milk - OKR1060 (8 oz.) | 50 | 90.00 | 0.00 | 0.00 | 130.00 | 13.00 | 8.00 |
| Diced Yellow Onion - SR1264 (2 tbsp.) | 20 | 8.00 | 0.02 | 0.01 | 0.80 | 1.87 | 0.22 |
| Dill Pickle Chips - SR1399 (2 tbsp.) | 40 | 0.00 | 0.00 | 0.00 | 101.00 | 0.00 | 0.00 |
| Kansas City Barbecue Sauce - OKR1022 (1 tbsp.) | 20 | 30.00 | 0.00 | 0.00 | 200.00 | 7.50 | 0.00 |
| Ketchup - SR1004 (1 pump) | 200 | 40.00 | 0.00 | 0.00 | 320.00 | 10.00 | 0.00 |
| Shredded Lettuce - SR1015 (1/4 cup shredd) | 20 | 2.52 | 0.03 | 0.00 | 1.80 | 0.54 | 0.16 |
| Light Mayo - SR1005 (1 tbsp.) | 30 | 45.00 | 4.00 | 0.50 | 130.00 | 2.00 | 0.00 |
| Yellow Mustard - SR1006 (1 tbsp.) | 30 | 0.00 | 0.00 | 0.00 | 165.00 | 0.00 | 0.00 |
| Light Ranch Dressing - SR1003 (1 tbsp.) | 100 | 25.00 | 1.75 | 0.25 | 185.00 | 2.50 | 0.00 |
| Jalapeno Pepper Slices - SR1074 (1 tbsp.) | 20 | 1.25 | 0.00 | 0.00 | 75.00 | 0.25 | 0.00 |
| Sliced Red Tomatoes - SR1536 (2 1/2 slice) | 20 | 6.75 | 0.08 | 0.01 | 1.88 | 1.46 | 0.33 |

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|--|----------------|--------------------|---------|----------|------------|-------------|---------|
| XR2 Grill - Week 1 Day 1 - ServingDate: 10/09/2017 | | | | | | | |
| Cheeseburger, 2.4 oz beef, soy, mushroom patty, American cheese, hamburger roll, RECIPE - OKR1164 (1 burger) | 25 | 350.00 | 13.50 | 5.50 | 705.00 | 34.00 | 20.50 |
| Chicken Burger, Tyson breaded patty, hamburger roll, RECIPE - OKR1124 (1 burger) | 50 | 430.00 | 17.00 | 2.50 | 670.00 | 47.00 | 22.00 |
| Chili Cheese Hotdog - OKR1086 (1 serving) | 50 | 431.30 | 15.89 | 4.97 | 850.16 | 49.91 | 22.44 |
| Hamburger, 2.4 oz beef, soy, mushroom patty, hamburger roll, RECIPE - OKR1165 (1 burger) | 25 | 300.00 | 9.00 | 3.00 | 450.00 | 34.00 | 18.00 |
| Spicy Chicken Burger, Tyson patty, hamburger roll, RECIPE - OKR1167 (1 burger) | 75 | 430.00 | 17.00 | 3.00 | 670.00 | 48.00 | 21.00 |
| 100% Apple Juice - SR1204 (4 fl oz cup) | 150 | 60.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |
| Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl) | 10 | (M) | (M) | (M) | (M) | (M) | (M) |
| Banana - SR1166 (1 medium (7")) | 10 | 105.02 | 0.39 | 0.13 | 1.18 | 26.95 | 1.29 |
| Fresh Whole Oranges - SR1171 (1 small (2-3)) | 10 | 45.12 | 0.12 | 0.01 | 0.00 | 11.28 | 0.90 |
| Chilled Pineapple - SR1495 (1/2 c.) | 10 | 62.40 | 0.00 | 0.00 | 1.04 | 16.18 | 0.53 |
| Fresh Baby Carrots - SR1016 (1/2 c.) | 30 | 24.81 | 0.09 | 0.02 | 55.28 | 5.84 | 0.45 |
| Garden Side Salad - SR1429 (1 c.) | 30 | 18.89 | 0.18 | 0.03 | 31.03 | 3.96 | 1.15 |
| Potato Tater Tots - OKR1073 (1/2 c.) | 175 | 90.55 | 3.52 | 0.00 | 160.97 | 14.09 | 1.01 |
| Chocolate Skim Milk - OKR1062 (8 oz.) | 30 | 120.00 | 0.00 | 0.00 | 180.00 | 20.00 | 8.00 |
| White 1% Milk - OKR1061 (8 oz.) | 30 | 110.00 | 2.50 | 1.50 | 130.00 | 13.00 | 8.00 |
| White Skim Milk - OKR1060 (8 oz.) | 30 | 90.00 | 0.00 | 0.00 | 130.00 | 13.00 | 8.00 |
| Diced Yellow Onion - SR1264 (2 tbsp.) | 20 | 8.00 | 0.02 | 0.01 | 0.80 | 1.87 | 0.22 |

Menu Calendar Nutrient Analysis Report - October, 2017

Site: Guthrie High School

Date: 10/01/2017 - 10/31/2017

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Fat (g) | Sfat (g) | Na (mg) | Carb (g) | Pro (g) |
|--|----------------|--------------------|---------|----------|------------|-------------|---------|
| XR2 Grill - Week 1 Day 1 - ServingDate: 10/09/2017 | | | | | | | |
| Dill Pickle Chips - SR1399 (2 tbsp.) | 40 | 0.00 | 0.00 | 0.00 | 101.00 | 0.00 | 0.00 |
| Kansas City Barbecue Sauce - OKR1022 (1 tbsp.) | 20 | 30.00 | 0.00 | 0.00 | 200.00 | 7.50 | 0.00 |
| Ketchup - SR1004 (1 tbsp.) | 100 | (M) | (M) | (M) | (M) | (M) | (M) |
| Shredded Lettuce - SR1015 (1/4 cup shredd) | 30 | 2.52 | 0.03 | 0.00 | 1.80 | 0.54 | 0.16 |
| Light Mayo - SR1005 (1 tbsp.) | 30 | 45.00 | 4.00 | 0.50 | 130.00 | 2.00 | 0.00 |
| Yellow Mustard - SR1006 (1 tbsp.) | 40 | 0.00 | 0.00 | 0.00 | 165.00 | 0.00 | 0.00 |
| Light Ranch Dressing - SR1003 (1 tbsp.) | 50 | 25.00 | 1.75 | 0.25 | 185.00 | 2.50 | 0.00 |
| Jalapeno Pepper Slices - SR1074 (1 tbsp.) | 30 | 1.25 | 0.00 | 0.00 | 75.00 | 0.25 | 0.00 |
| Sliced Red Tomatoes - SR1536 (2 1/2 slice) | 25 | 6.75 | 0.08 | 0.01 | 1.88 | 1.46 | 0.33 |
| XR2 Grill - Week 1 Day 2 - ServingDate: 10/10/2017 | | | | | | | |
| Deluxe Cheeseburger - SR1055 (1 burger) | 50 | 320.00 | 13.50 | 5.50 | 695.00 | 28.00 | 20.50 |
| Chicken Burger, Tyson breaded patty, hamburger roll, RECIPE - OKR1124 (1 burger) | 25 | 430.00 | 17.00 | 2.50 | 670.00 | 47.00 | 22.00 |
| Hamburger, 2.4 oz beef, soy, mushroom patty, hamburger roll, RECIPE - OKR1165 (1 burger) | 25 | 300.00 | 9.00 | 3.00 | 450.00 | 34.00 | 18.00 |
| Pulled Pork Sandwich, Brookwood Pork - OKR1216 (1 sandwich) | 50 | 403.10 | 19.15 | 5.88 | 326.70 | 31.00 | 28.18 |
| Spicy Chicken Burger, Tyson patty, hamburger roll, RECIPE - OKR1167 (1 burger) | 75 | 430.00 | 17.00 | 3.00 | 670.00 | 48.00 | 21.00 |
| 100% Apple Juice - SR1204 (4 fl oz cup) | 100 | 60.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |
| Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl) | 10 | (M) | (M) | (M) | (M) | (M) | (M) |

Menu Calendar Nutrient Analysis Report - October, 2017

Site: Guthrie High School
Date: 10/01/2017 - 10/31/2017

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Fat (g) | Sfat (g) | Na (mg) | Carb (g) | Pro (g) |
|---|-------------|--------------------|---------|----------|------------|-------------|---------|
| XR2 Grill - Week 1 Day 2 - ServingDate: 10/10/2017 | | | | | | | |
| Banana - SR1166 (1 medium (7")) | 10 | 105.02 | 0.39 | 0.13 | 1.18 | 26.95 | 1.29 |
| Fresh Whole Oranges - SR1171 (1 small (2-3)) | 10 | 45.12 | 0.12 | 0.01 | 0.00 | 11.28 | 0.90 |
| Diced Peaches - SR1196 (1/2 c.) | 10 | 59.11 | 0.04 | 0.00 | 5.37 | 15.54 | 0.85 |
| Baked Beans, vegetarian - OKR1318 (1/2 c.) | 175 | 190.92 | 0.01 | 0.00 | 797.38 | 44.03 | 7.66 |
| Fresh Broccoli Florets - SR1027 (1/2 c.) | 50 | 10.84 | 0.12 | 0.01 | 10.53 | 2.12 | 0.90 |
| Caesar Side Salad - SR1428 (1 c.) | 25 | 104.50 | 8.24 | 2.04 | 402.31 | 5.67 | 2.49 |
| Chocolate Skim Milk - OKR1062 (8 oz.) | 25 | 120.00 | 0.00 | 0.00 | 180.00 | 20.00 | 8.00 |
| While 1% Milk - OKR1061 (8 oz.) | 25 | 110.00 | 2.50 | 1.50 | 130.00 | 13.00 | 8.00 |
| White Skim Milk - OKR1060 (8 oz.) | 25 | 90.00 | 0.00 | 0.00 | 130.00 | 13.00 | 8.00 |
| Caesar Dressing - SR1551 (2 tbsp.) | 25 | 130.00 | 14.00 | 2.50 | 210.00 | 1.00 | 1.00 |
| Diced Yellow Onion - SR1264 (2 tbsp.) | 25 | 8.00 | 0.02 | 0.01 | 0.80 | 1.87 | 0.22 |
| Dill Pickle Chips - SR1399 (2 tbsp.) | 40 | 0.00 | 0.00 | 0.00 | 101.00 | 0.00 | 0.00 |
| Kansas City Barbecue Sauce - OKR1022 (1 tbsp.) | 25 | 30.00 | 0.00 | 0.00 | 200.00 | 7.50 | 0.00 |
| Ketchup - SR1004 (1 tbsp.) | 150 | (M) | (M) | (M) | (M) | (M) | (M) |
| Shredded Lettuce - SR1015 (1/4 cup shredd) | 30 | 2.52 | 0.03 | 0.00 | 1.80 | 0.54 | 0.16 |
| Light Mayo - SR1005 (1 tbsp.) | 25 | 45.00 | 4.00 | 0.50 | 130.00 | 2.00 | 0.00 |
| Yellow Mustard - SR1006 (1 tbsp.) | 25 | 0.00 | 0.00 | 0.00 | 165.00 | 0.00 | 0.00 |
| Light Ranch Dressing - SR1003 (1 tbsp.) | 50 | 25.00 | 1.75 | 0.25 | 185.00 | 2.50 | 0.00 |
| Jalapeno Pepper Slices - SR1074 (1 tbsp.) | 25 | 1.25 | 0.00 | 0.00 | 75.00 | 0.25 | 0.00 |
| Sliced Red Tomatoes - SR1536 (2 1/2 slice) | 25 | 6.75 | 0.08 | 0.01 | 1.88 | 1.46 | 0.33 |

Menu Calendar Nutrient Analysis Report - October, 2017

Site: Guthrie High School

Date: 10/01/2017 - 10/31/2017

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Fat (g) | Sfat (g) | Na (mg) | Carb (g) | Pro (g) |
|---|----------------|--------------------|---------|----------|------------|-------------|---------|
| XR2 Grill - Week 1 Day 3 - ServingDate: 10/11/2017 | | | | | | | |
| Chicken Burger, Tyson breaded patty, hamburger roll, RECIPE - OKR1124 (1 burger) | 50 | 430.00 | 17.00 | 2.50 | 670.00 | 47.00 | 22.00 |
| Hamburger - SR1107 (1 burger) | 150 | 270.00 | 9.00 | 3.00 | 440.00 | 28.00 | 18.00 |
| Spicy Chicken Burger, Tyson patty, hamburger roll, RECIPE - OKR1167 (1 burger) | 50 | 430.00 | 17.00 | 3.00 | 670.00 | 48.00 | 21.00 |
| American Cheese Slice - SR1535 (1/2 oz.) | 25 | 50.00 | 4.50 | 2.50 | 255.00 | 0.00 | 2.50 |
| Provolone Cheese Slice; Schreiber - OKR1213 (1/2 oz.) | 25 | 53.33 | 4.00 | 2.00 | 120.00 | 0.00 | 3.33 |
| Swiss-American Cheese Slice; Schreiber - OKR1212 (1/2 oz.) | 25 | 50.00 | 4.00 | 2.50 | 0.00 | 0.50 | 3.00 |
| 100% Apple Juice - SR1204 (4 fl oz cup) | 100 | 60.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |
| Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl) | 10 | (M) | (M) | (M) | (M) | (M) | (M) |
| Applesauce - SR1195 (1/2 c.) | 10 | 55.51 | 0.13 | 0.01 | 2.64 | 14.89 | 0.23 |
| Banana - SR1166 (1 medium (7")) | 10 | 105.02 | 0.39 | 0.13 | 1.18 | 26.95 | 1.29 |
| Fresh Whole Oranges - SR1171 (1 small (2-3)) | 10 | 45.12 | 0.12 | 0.01 | 0.00 | 11.28 | 0.90 |
| Fresh Baby Carrots - SR1016 (1/2 c.) | 40 | 24.81 | 0.09 | 0.02 | 55.28 | 5.84 | 0.45 |
| Garden Side Salad - SR1429 (1 c.) | 30 | 18.89 | 0.18 | 0.03 | 31.03 | 3.96 | 1.15 |
| Potato Fry - OKR1089 (1/2 c.) | 200 | 110.00 | 3.50 | 0.50 | 130.00 | 18.00 | 2.00 |
| Chocolate Skim Milk - OKR1062 (8 oz.) | 40 | 120.00 | 0.00 | 0.00 | 180.00 | 20.00 | 8.00 |
| White 1% Milk - OKR1061 (8 oz.) | 40 | 110.00 | 2.50 | 1.50 | 130.00 | 13.00 | 8.00 |
| White Skim Milk - OKR1060 (8 oz.) | 40 | 90.00 | 0.00 | 0.00 | 130.00 | 13.00 | 8.00 |
| Barbecue Honey Sauce - OKR1198 (1/8 c.) | 20 | 73.76 | 0.00 | 0.00 | 320.34 | 18.96 | 0.03 |
| Buffalo Ranch Dressing - SR1453 (1 tbsp.) | 20 | 16.79 | 1.17 | 0.17 | 323.35 | 1.69 | 0.01 |

Menu Calendar Nutrient Analysis Report - October, 2017

Site: Guthrie High School
Date: 10/01/2017 - 10/31/2017

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Fat (g) | Sfat (g) | Na (mg) | Carb (g) | Pro (g) |
|--|----------------|--------------------|---------|----------|------------|-------------|---------|
| XR2 Grill - Week 1 Day 3 - ServingDate: 10/11/2017 | | | | | | | |
| Caramelized Onions - SR1210 (1/4 c.) | 40 | 66.38 | 2.90 | 0.29 | 4.14 | 9.67 | 1.14 |
| Diced Yellow Onion - SR1264 (2 tbsp.) | 20 | 8.00 | 0.02 | 0.01 | 0.80 | 1.87 | 0.22 |
| Dill Pickle Chips - SR1399 (2 tbsp.) | 20 | 0.00 | 0.00 | 0.00 | 101.00 | 0.00 | 0.00 |
| Kansas City Barbecue Sauce - OKR1022 (1 tbsp.) | 20 | 30.00 | 0.00 | 0.00 | 200.00 | 7.50 | 0.00 |
| Ketchup - SR1004 (1 tbsp.) | 100 | (M) | (M) | (M) | (M) | (M) | (M) |
| Shredded Lettuce - SR1015 (1/4 cup shredd) | 30 | 2.52 | 0.03 | 0.00 | 1.80 | 0.54 | 0.16 |
| Light Mayo - SR1005 (1 tbsp.) | 20 | 45.00 | 4.00 | 0.50 | 130.00 | 2.00 | 0.00 |
| Yellow Mustard - SR1006 (1 tbsp.) | 20 | 0.00 | 0.00 | 0.00 | 165.00 | 0.00 | 0.00 |
| Light Ranch Dressing - SR1003 (1 tbsp.) | 60 | 25.00 | 1.75 | 0.25 | 185.00 | 2.50 | 0.00 |
| Jalapeno Pepper Slices - SR1074 (1 tbsp.) | 25 | 1.25 | 0.00 | 0.00 | 75.00 | 0.25 | 0.00 |
| Chipotle Lime Mayonnaise - SR1294 (1 tbsp.) | 30 | 39.74 | 3.13 | 0.35 | 102.90 | 3.30 | 0.04 |
| Sauteed Peppers - OKR1210 (1/4 cup strips) | 25 | 51.76 | 3.03 | 0.32 | 4.02 | 6.21 | 1.15 |
| Sliced Red Tomatoes - SR1536 (2 1/2 slice) | 20 | 6.75 | 0.08 | 0.01 | 1.88 | 1.46 | 0.33 |
| XR2 Grill - Week 1 Day 4 - ServingDate: 10/12/2017 | | | | | | | |
| Cheeseburger, 2.4 oz beef, soy, mushroom patty, American cheese, hamburger roll, RECIPE - OKR1164 (1 burger) | 50 | 350.00 | 13.50 | 5.50 | 705.00 | 34.00 | 20.50 |
| Chicken Burger, Tyson breaded patty, hamburger roll, RECIPE - OKR1124 (1 burger) | 50 | 430.00 | 17.00 | 2.50 | 670.00 | 47.00 | 22.00 |
| Grilled Chicken Sandwich - OKR1151 (1 sandwich) | 50 | 260.00 | 7.00 | 1.50 | 430.00 | 31.00 | 19.00 |

Menu Calendar Nutrient Analysis Report - October, 2017

Site: Guthrie High School
 Date: 10/01/2017 - 10/31/2017

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Fat (g) | Sfat (g) | Na (mg) | Carb (g) | Pro (g) |
|--|-------------|--------------------|---------|----------|------------|-------------|---------|
| XR2 Grill - Week 1 Day 4 - ServingDate: 10/12/2017 | | | | | | | |
| Hamburger, 2.4 oz beef, soy, mushroom patty, hamburger roll, RECIPE - OKR1165 (1 burger) | 50 | 300.00 | 9.00 | 3.00 | 450.00 | 34.00 | 18.00 |
| Spicy Chicken Burger, Tyson patty, hamburger roll, RECIPE - OKR1167 (1 burger) | 75 | 430.00 | 17.00 | 3.00 | 670.00 | 48.00 | 21.00 |
| 100% Apple Juice - SR1204 (4 fl oz cup) | 150 | 60.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |
| Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl) | 10 | (M) | (M) | (M) | (M) | (M) | (M) |
| Banana - SR1166 (1 medium (7")) | 10 | 105.02 | 0.39 | 0.13 | 1.18 | 26.95 | 1.29 |
| Diced Bartlett Pears - SR1194 (1/2 c.) | 10 | 70.42 | 0.10 | 0.01 | 5.63 | 18.22 | 0.00 |
| Fresh Whole Oranges - SR1171 (1 small (2-3)) | 10 | 45.12 | 0.12 | 0.01 | 0.00 | 11.28 | 0.90 |
| Fresh Broccoli Florets - SR1027 (1/2 c.) | 50 | 10.84 | 0.12 | 0.01 | 10.53 | 2.12 | 0.90 |
| Caesar Side Salad - SR1428 (1 c.) | 50 | 104.50 | 8.24 | 2.04 | 402.31 | 5.67 | 2.49 |
| Country Style Potato Wedges - SR1029 (1/2 c.) | 200 | 90.28 | 2.51 | 0.00 | 30.09 | 15.05 | 2.01 |
| Chocolate Skim Milk - OKR1062 (8 oz.) | 30 | 120.00 | 0.00 | 0.00 | 180.00 | 20.00 | 8.00 |
| White 1% Milk - OKR1061 (8 oz.) | 30 | 110.00 | 2.50 | 1.50 | 130.00 | 13.00 | 8.00 |
| White Skim Milk - OKR1060 (8 oz.) | 30 | 90.00 | 0.00 | 0.00 | 130.00 | 13.00 | 8.00 |
| Caesar Dressing - SR1551 (2 tbsp.) | 50 | 130.00 | 14.00 | 2.50 | 210.00 | 1.00 | 1.00 |
| Diced Yellow Onion - SR1264 (2 tbsp.) | 20 | 8.00 | 0.02 | 0.01 | 0.80 | 1.87 | 0.22 |
| Dill Pickle Chips - SR1399 (2 tbsp.) | 40 | 0.00 | 0.00 | 0.00 | 101.00 | 0.00 | 0.00 |
| Ketchup - SR1004 (1 tbsp.) | 150 | (M) | (M) | (M) | (M) | (M) | (M) |
| Shredded Lettuce - SR1015 (1/4 cup shredd) | 30 | 2.52 | 0.03 | 0.00 | 1.80 | 0.54 | 0.16 |

Menu Calendar Nutrient Analysis Report - October, 2017

Site: Guthrie High School

Date: 10/01/2017 - 10/31/2017

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Fat (g) | Sfat (g) | Na (mg) | Carb (g) | Pro (g) |
|--|----------------|--------------------|---------|----------|------------|-------------|---------|
| XR2 Grill - Week 1 Day 4 - ServingDate: 10/12/2017 | | | | | | | |
| Light Mayo - SR1005 (1 tbsp.) | 25 | 45.00 | 4.00 | 0.50 | 130.00 | 2.00 | 0.00 |
| Yellow Mustard - SR1006 (1 tbsp.) | 25 | 0.00 | 0.00 | 0.00 | 165.00 | 0.00 | 0.00 |
| Light Ranch Dressing - SR1003 (1 tbsp.) | 50 | 25.00 | 1.75 | 0.25 | 185.00 | 2.50 | 0.00 |
| Jalapeno Pepper Slices - SR1074 (1 tbsp.) | 25 | 1.25 | 0.00 | 0.00 | 75.00 | 0.25 | 0.00 |
| Sliced Red Tomatoes - SR1536 (2 1/2 slice) | 20 | 6.75 | 0.08 | 0.01 | 1.88 | 1.46 | 0.33 |
| XR2 Grill - Week 1 Day 5 - ServingDate: 10/13/2017 | | | | | | | |
| Cheeseburger, 2.4 oz beef, soy, mushroom patty, American cheese, hamburger roll, RECIPE - OKR1164 (1 burger) | 75 | 350.00 | 13.50 | 5.50 | 705.00 | 34.00 | 20.50 |
| Chicken Burger, Tyson breaded patty, hamburger roll, RECIPE - OKR1124 (1 burger) | 50 | 430.00 | 17.00 | 2.50 | 670.00 | 47.00 | 22.00 |
| Hamburger, 2.4 oz beef, soy, mushroom patty, hamburger roll, RECIPE - OKR1165 (1 burger) | 50 | 300.00 | 9.00 | 3.00 | 450.00 | 34.00 | 18.00 |
| Spicy Chicken Burger, Tyson patty, hamburger roll, RECIPE - OKR1167 (1 burger) | 75 | 430.00 | 17.00 | 3.00 | 670.00 | 48.00 | 21.00 |
| Three Cheese Toaster - OKR1013 (1 panini) | 50 | 330.00 | 17.00 | 9.25 | 835.00 | 29.00 | 18.00 |
| 100% Apple Juice - SR1204 (4 fl oz cup) | 100 | 60.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |
| Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl) | 10 | (M) | (M) | (M) | (M) | (M) | (M) |
| Banana - SR1166 (1 medium (7")) | 10 | 105.02 | 0.39 | 0.13 | 1.18 | 26.95 | 1.29 |
| Mixed Fruit - SR1037 (1/2 c.) | 10 | 59.05 | 0.00 | 0.00 | 5.13 | 15.22 | 0.59 |
| Fresh Whole Oranges - SR1171 (1 small (2-3)) | 10 | 45.12 | 0.12 | 0.01 | 0.00 | 11.28 | 0.90 |
| Fresh Celery Sticks - SR1014 (6 stick (4") | 50 | 10.34 | 0.11 | 0.03 | 51.71 | 1.92 | 0.45 |

Menu Calendar Nutrient Analysis Report - October, 2017

Site: Guthrie High School
Date: 10/01/2017 - 10/31/2017

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Fat (g) | Sfat (g) | Na (mg) | Carb (g) | Pro (g) |
|--|-------------|--------------------|---------|----------|------------|-------------|---------|
| XR2 Grill - Week 1 Day 5 - ServingDate: 10/13/2017 | | | | | | | |
| Garden Side Salad - SR1429 (1 c.) | 50 | 18.89 | 0.18 | 0.03 | 31.03 | 3.96 | 1.15 |
| Potato Fry - OKR1089 (1/2 c.) | 250 | 110.00 | 3.50 | 0.50 | 130.00 | 18.00 | 2.00 |
| Chocolate Skim Milk - OKR1062 (8 oz.) | 50 | 120.00 | 0.00 | 0.00 | 180.00 | 20.00 | 8.00 |
| White 1% Milk - OKR1061 (8 oz.) | 50 | 110.00 | 2.50 | 1.50 | 130.00 | 13.00 | 8.00 |
| White Skim Milk - OKR1060 (8 oz.) | 50 | 90.00 | 0.00 | 0.00 | 130.00 | 13.00 | 8.00 |
| Diced Yellow Onion - SR1264 (2 tbsp.) | 30 | 8.00 | 0.02 | 0.01 | 0.80 | 1.87 | 0.22 |
| Dill Pickle Chips - SR1399 (2 tbsp.) | 40 | 0.00 | 0.00 | 0.00 | 101.00 | 0.00 | 0.00 |
| Kansas City Barbecue Sauce - OKR1022 (1 tbsp.) | 30 | 30.00 | 0.00 | 0.00 | 200.00 | 7.50 | 0.00 |
| Ketchup - SR1004 (1 tbsp.) | 200 | (M) | (M) | (M) | (M) | (M) | (M) |
| Shredded Lettuce - SR1015 (1/4 cup shredd) | 50 | 2.52 | 0.03 | 0.00 | 1.80 | 0.54 | 0.16 |
| Light Mayo - SR1005 (1 tbsp.) | 30 | 45.00 | 4.00 | 0.50 | 130.00 | 2.00 | 0.00 |
| Yellow Mustard - SR1006 (1 tbsp.) | 50 | 0.00 | 0.00 | 0.00 | 165.00 | 0.00 | 0.00 |
| Light Ranch Dressing - SR1003 (1 tbsp.) | 100 | 25.00 | 1.75 | 0.25 | 185.00 | 2.50 | 0.00 |
| Jalapeno Pepper Slices - SR1074 (1 tbsp.) | 40 | 1.25 | 0.00 | 0.00 | 75.00 | 0.25 | 0.00 |
| Sliced Red Tomatoes - SR1536 (2 1/2 slice) | 40 | 6.75 | 0.08 | 0.01 | 1.88 | 1.46 | 0.33 |
| XR2 Grill - Week 2 Day 1 - ServingDate: 10/16/2017 | | | | | | | |
| Cheeseburger, 2.4 oz beef, soy, mushroom patty, American cheese, hamburger roll, RECIPE - OKR1164 (1 burger) | 50 | 350.00 | 13.50 | 5.50 | 705.00 | 34.00 | 20.50 |
| Chicken Burger, Tyson breaded patty, hamburger roll, RECIPE - OKR1124 (1 burger) | 50 | 430.00 | 17.00 | 2.50 | 670.00 | 47.00 | 22.00 |

Menu Calendar Nutrient Analysis Report - October, 2017

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 Date: 10/01/2017 - 10/31/2017

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Fat (g) | Sfat (g) | Na (mg) | Carb (g) | Pro (g) |
|--|-------------|-----------------|---------|----------|---------|----------|---------|
| XR2 Grill - Week 2 Day 1 - ServingDate: 10/16/2017 | | | | | | | |
| Corn Dog - SR1023 (1 corn dog) | 50 | 240.00 | 8.00 | 0.00 | 390.00 | 30.00 | 9.00 |
| Hamburger, 2.4 oz beef, soy, mushroom patty, hamburger roll, RECIPE - OKR1165 (1 burger) | 25 | 300.00 | 9.00 | 3.00 | 450.00 | 34.00 | 18.00 |
| Spicy Chicken Burger, Tyson patty, hamburger roll, RECIPE - OKR1167 (1 burger) | 50 | 430.00 | 17.00 | 3.00 | 670.00 | 48.00 | 21.00 |
| 100% Apple Juice - SR1204 (4 fl oz cup) | 100 | 60.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |
| Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl) | 10 | (M) | (M) | (M) | (M) | (M) | (M) |
| Banana - SR1166 (1 medium (7")) | 10 | 105.02 | 0.39 | 0.13 | 1.18 | 26.95 | 1.29 |
| Fresh Whole Oranges - SR1171 (1 small (2-3)) | 10 | 45.12 | 0.12 | 0.01 | 0.00 | 11.28 | 0.90 |
| Chilled Pineapple - SR1495 (1/2 c.) | 10 | 62.40 | 0.00 | 0.00 | 1.04 | 16.18 | 0.53 |
| Fresh Baby Carrots - SR1016 (1/2 c.) | 50 | 24.81 | 0.09 | 0.02 | 55.28 | 5.84 | 0.45 |
| Garden Side Salad - SR1429 (1 c.) | 25 | 18.89 | 0.18 | 0.03 | 31.03 | 3.96 | 1.15 |
| Potato Tater Tots - OKR1073 (1/2 c.) | 200 | 90.55 | 3.52 | 0.00 | 160.97 | 14.09 | 1.01 |
| Chocolate Skim Milk - OKR1062 (8 oz.) | 40 | 120.00 | 0.00 | 0.00 | 180.00 | 20.00 | 8.00 |
| White 1% Milk - OKR1061 (8 oz.) | 40 | 110.00 | 2.50 | 1.50 | 130.00 | 13.00 | 8.00 |
| White Skim Milk - OKR1060 (8 oz.) | 40 | 90.00 | 0.00 | 0.00 | 130.00 | 13.00 | 8.00 |
| Diced Yellow Onion - SR1264 (2 tbsp.) | 25 | 8.00 | 0.02 | 0.01 | 0.80 | 1.87 | 0.22 |
| Dill Pickle Chips - SR1399 (2 tbsp.) | 40 | 0.00 | 0.00 | 0.00 | 101.00 | 0.00 | 0.00 |
| Kansas City Barbecue Sauce - OKR1022 (1 tbsp.) | 25 | 30.00 | 0.00 | 0.00 | 200.00 | 7.50 | 0.00 |
| Ketchup - SR1004 (1 tbsp.) | 200 | (M) | (M) | (M) | (M) | (M) | (M) |

Menu Calendar Nutrient Analysis Report - October, 2017

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Date: 10/01/2017 - 10/31/2017

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Fat (g) | Sfat (g) | Na (mg) | Carb (g) | Pro (g) |
|--|----------------|--------------------|---------|----------|------------|-------------|---------|
| XR2 Grill - Week 2 Day 1 - ServingDate: 10/16/2017 | | | | | | | |
| Shredded Lettuce - SR1015 (1/4 cup shredd) | 50 | 2.52 | 0.03 | 0.00 | 1.80 | 0.54 | 0.16 |
| Light Mayo - SR1005 (1 tbsp.) | 40 | 45.00 | 4.00 | 0.50 | 130.00 | 2.00 | 0.00 |
| Yellow Mustard - SR1006 (1 tbsp.) | 30 | 0.00 | 0.00 | 0.00 | 165.00 | 0.00 | 0.00 |
| Light Ranch Dressing - SR1003 (1 tbsp.) | 50 | 25.00 | 1.75 | 0.25 | 185.00 | 2.50 | 0.00 |
| Jalapeno Pepper Slices - SR1074 (1 tbsp.) | 30 | 1.25 | 0.00 | 0.00 | 75.00 | 0.25 | 0.00 |
| Sliced Red Tomatoes - SR1536 (2 1/2 slice) | 20 | 6.75 | 0.08 | 0.01 | 1.88 | 1.46 | 0.33 |
| XR2 Grill - Week 2 Day 2 - ServingDate: 10/17/2017 | | | | | | | |
| Cheeseburger, 2.4 oz beef, soy, mushroom patty, American cheese, hamburger roll, RECIPE - OKR1164 (1 burger) | 50 | 350.00 | 13.50 | 5.50 | 705.00 | 34.00 | 20.50 |
| Chicken Burger, Tyson breaded patty, hamburger roll, RECIPE - OKR1124 (1 burger) | 50 | 430.00 | 17.00 | 2.50 | 670.00 | 47.00 | 22.00 |
| Hamburger, 2.4 oz beef, soy, mushroom patty, hamburger roll, RECIPE - OKR1165 (1 burger) | 25 | 300.00 | 9.00 | 3.00 | 450.00 | 34.00 | 18.00 |
| Pulled Pork Sandwich, Brookwood Pork - OKR1216 (1 sandwich) | 25 | 403.10 | 19.15 | 5.88 | 326.70 | 31.00 | 28.18 |
| Spicy Chicken Burger, Tyson patty, hamburger roll, RECIPE - OKR1167 (1 burger) | 50 | 430.00 | 17.00 | 3.00 | 670.00 | 48.00 | 21.00 |
| 100% Apple Juice - SR1204 (4 fl oz cup) | 100 | 60.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |
| Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl) | 10 | (M) | (M) | (M) | (M) | (M) | (M) |
| Banana - SR1166 (1 medium (7")) | 10 | 105.02 | 0.39 | 0.13 | 1.18 | 26.95 | 1.29 |
| Fresh Whole Oranges - SR1171 (1 small (2-3)) | 10 | 45.12 | 0.12 | 0.01 | 0.00 | 11.28 | 0.90 |

Menu Calendar Nutrient Analysis Report - October, 2017

Site: Guthrie High School
Date: 10/01/2017 - 10/31/2017

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Fat (g) | Sfat (g) | Na (mg) | Carb (g) | Pro (g) |
|---|----------------|--------------------|---------|----------|------------|-------------|---------|
| XR2 Grill - Week 2 Day 2 - ServingDate: 10/17/2017 | | | | | | | |
| Diced Peaches - SR1196 (1/2 c.) | 10 | 59.11 | 0.04 | 0.00 | 5.37 | 15.54 | 0.85 |
| Baked Beans, vegetarian - OKR1318 (1/2 c.) | 150 | 190.92 | 0.01 | 0.00 | 797.38 | 44.03 | 7.66 |
| Fresh Broccoli Florets - SR1027 (1/2 c.) | 50 | 10.84 | 0.12 | 0.01 | 10.53 | 2.12 | 0.90 |
| Caesar Side Salad - SR1428 (1 c.) | 50 | 104.50 | 8.24 | 2.04 | 402.31 | 5.67 | 2.49 |
| Chocolate Skim Milk - OKR1062 (8 oz.) | 25 | 120.00 | 0.00 | 0.00 | 180.00 | 20.00 | 8.00 |
| White 1% Milk - OKR1061 (8 oz.) | 25 | 110.00 | 2.50 | 1.50 | 130.00 | 13.00 | 8.00 |
| White Skim Milk - OKR1060 (8 oz.) | 25 | 90.00 | 0.00 | 0.00 | 130.00 | 13.00 | 8.00 |
| Caesar Dressing - SR1551 (2 tbsp.) | 50 | 130.00 | 14.00 | 2.50 | 210.00 | 1.00 | 1.00 |
| Diced Yellow Onion - SR1264 (2 tbsp.) | 25 | 8.00 | 0.02 | 0.01 | 0.80 | 1.87 | 0.22 |
| Dill Pickle Chips - SR1399 (2 tbsp.) | 40 | 0.00 | 0.00 | 0.00 | 101.00 | 0.00 | 0.00 |
| Kansas City Barbecue Sauce - OKR1022 (1 tbsp.) | 25 | 30.00 | 0.00 | 0.00 | 200.00 | 7.50 | 0.00 |
| Ketchup - SR1004 (1 tbsp.) | 150 | (M) | (M) | (M) | (M) | (M) | (M) |
| Shredded Lettuce - SR1015 (1/4 cup shredd) | 40 | 2.52 | 0.03 | 0.00 | 1.80 | 0.54 | 0.16 |
| Light Mayo - SR1005 (1 tbsp.) | 30 | 45.00 | 4.00 | 0.50 | 130.00 | 2.00 | 0.00 |
| Yellow Mustard - SR1006 (1 tbsp.) | 30 | 0.00 | 0.00 | 0.00 | 165.00 | 0.00 | 0.00 |
| Light Ranch Dressing - SR1003 (1 tbsp.) | 50 | 25.00 | 1.75 | 0.25 | 185.00 | 2.50 | 0.00 |
| Jalapeno Pepper Slices - SR1074 (1 tbsp.) | 30 | 1.25 | 0.00 | 0.00 | 75.00 | 0.25 | 0.00 |
| Sliced Red Tomatoes - SR1536 (2 1/2 slice) | 25 | 6.75 | 0.08 | 0.01 | 1.88 | 1.46 | 0.33 |

Menu Calendar Nutrient Analysis Report - October, 2017

Site: Guthrie High School

Date: 10/01/2017 - 10/31/2017

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Fat (g) | Sfat (g) | Na (mg) | Carb (g) | Pro (g) |
|---|----------------|--------------------|---------|----------|------------|-------------|---------|
| XR2 Grill - Week 2 Day 3 - ServingDate: 10/18/2017 | | | | | | | |
| Chicken Burger, Tyson breaded patty, hamburger roll, RECIPE - OKR1124 (1 burger) | 50 | 430.00 | 17.00 | 2.50 | 670.00 | 47.00 | 22.00 |
| Hamburger - SR1107 (1 burger) | 100 | 270.00 | 9.00 | 3.00 | 440.00 | 28.00 | 18.00 |
| Spicy Chicken Burger, Tyson patty, hamburger roll, RECIPE - OKR1167 (1 burger) | 75 | 430.00 | 17.00 | 3.00 | 670.00 | 48.00 | 21.00 |
| American Cheese Slice - SR1535 (1/2 oz.) | 25 | 50.00 | 4.50 | 2.50 | 255.00 | 0.00 | 2.50 |
| Provolone Cheese Slice; Schreiber - OKR1213 (1/2 oz.) | 25 | 53.33 | 4.00 | 2.00 | 120.00 | 0.00 | 3.33 |
| Swiss-American Cheese Slice; Schreiber - OKR1212 (1/2 oz.) | 25 | 50.00 | 4.00 | 2.50 | 0.00 | 0.50 | 3.00 |
| 100% Apple Juice - SR1204 (4 fl oz cup) | 100 | 60.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |
| Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl) | 10 | (M) | (M) | (M) | (M) | (M) | (M) |
| Applesauce - SR1195 (1/2 c.) | 10 | 55.51 | 0.13 | 0.01 | 2.64 | 14.89 | 0.23 |
| Banana - SR1166 (1 medium (7")) | 10 | 105.02 | 0.39 | 0.13 | 1.18 | 26.95 | 1.29 |
| Fresh Whole Oranges - SR1171 (1 small (2-3)) | 10 | 45.12 | 0.12 | 0.01 | 0.00 | 11.28 | 0.90 |
| Fresh Baby Carrots - SR1016 (1/2 c.) | 40 | 24.81 | 0.09 | 0.02 | 55.28 | 5.84 | 0.45 |
| Garden Side Salad - SR1429 (1 c.) | 40 | 18.89 | 0.18 | 0.03 | 31.03 | 3.96 | 1.15 |
| Potato Fry - OKR1089 (1/2 c.) | 150 | 110.00 | 3.50 | 0.50 | 130.00 | 18.00 | 2.00 |
| Chocolate Skim Milk - OKR1062 (8 oz.) | 40 | 120.00 | 0.00 | 0.00 | 180.00 | 20.00 | 8.00 |
| White 1% Milk - OKR1061 (8 oz.) | 40 | 110.00 | 2.50 | 1.50 | 130.00 | 13.00 | 8.00 |
| White Skim Milk - OKR1060 (8 oz.) | 40 | 90.00 | 0.00 | 0.00 | 130.00 | 13.00 | 8.00 |
| Barbecue Honey Sauce - OKR1198 (1/8 c.) | 20 | 73.76 | 0.00 | 0.00 | 320.34 | 18.96 | 0.03 |
| Buffalo Ranch Dressing - SR1453 (1 tbsp.) | 20 | 16.79 | 1.17 | 0.17 | 323.35 | 1.69 | 0.01 |

Menu Calendar Nutrient Analysis Report - October, 2017

Site: Guthrie High School

Date: 10/01/2017 - 10/31/2017

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Fat (g) | Sfat (g) | Na (mg) | Carb (g) | Pro (g) |
|--|----------------|--------------------|---------|----------|------------|-------------|---------|
| XR2 Grill - Week 2 Day 3 - ServingDate: 10/18/2017 | | | | | | | |
| Caramelized Onions - SR1210 (1/4 c.) | 30 | 66.38 | 2.90 | 0.29 | 4.14 | 9.67 | 1.14 |
| Diced Yellow Onion - SR1264 (2 tbsp.) | 20 | 8.00 | 0.02 | 0.01 | 0.80 | 1.87 | 0.22 |
| Dill Pickle Chips - SR1399 (2 tbsp.) | 40 | 0.00 | 0.00 | 0.00 | 101.00 | 0.00 | 0.00 |
| Kansas City Barbecue Sauce - OKR1022 (1 tbsp.) | 20 | 30.00 | 0.00 | 0.00 | 200.00 | 7.50 | 0.00 |
| Ketchup - SR1004 (1 tbsp.) | 150 | (M) | (M) | (M) | (M) | (M) | (M) |
| Shredded Lettuce - SR1015 (1/4 cup shredd) | 30 | 2.52 | 0.03 | 0.00 | 1.80 | 0.54 | 0.16 |
| Light Mayo - SR1005 (1 tbsp.) | 30 | 45.00 | 4.00 | 0.50 | 130.00 | 2.00 | 0.00 |
| Yellow Mustard - SR1006 (1 tbsp.) | 30 | 0.00 | 0.00 | 0.00 | 165.00 | 0.00 | 0.00 |
| Light Ranch Dressing - SR1003 (1 tbsp.) | 70 | 25.00 | 1.75 | 0.25 | 185.00 | 2.50 | 0.00 |
| Jalapeno Pepper Slices - SR1074 (1 tbsp.) | 30 | 1.25 | 0.00 | 0.00 | 75.00 | 0.25 | 0.00 |
| Chipotle Lime Mayonnaise - SR1294 (1 tbsp.) | 30 | 39.74 | 3.13 | 0.35 | 102.90 | 3.30 | 0.04 |
| Sauteed Peppers - OKR1210 (1/4 cup strips) | 30 | 51.76 | 3.03 | 0.32 | 4.02 | 6.21 | 1.15 |
| Sliced Red Tomatoes - SR1536 (2 1/2 slice) | 20 | 6.75 | 0.08 | 0.01 | 1.88 | 1.46 | 0.33 |
| XR2 Grill - Week 2 Day 4 - ServingDate: 10/19/2017 | | | | | | | |
| Cheeseburger, 2.4 oz beef, soy, mushroom patty, American cheese, hamburger roll, RECIPE - OKR1164 (1 burger) | 75 | 350.00 | 13.50 | 5.50 | 705.00 | 34.00 | 20.50 |
| Chicken Burger, Tyson breaded patty, hamburger roll, RECIPE - OKR1124 (1 burger) | 25 | 430.00 | 17.00 | 2.50 | 670.00 | 47.00 | 22.00 |
| Chicken Fried Steak Sandwich, Hamburger Roll - OKR1234 (1 sandwich) | 50 | 470.00 | 21.00 | 5.00 | 590.00 | 50.00 | 22.00 |

Menu Calendar Nutrient Analysis Report - October, 2017

Site: Guthrie High School
 Date: 10/01/2017 - 10/31/2017

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Fat (g) | Sfat (g) | Na (mg) | Carb (g) | Pro (g) |
|--|-------------|--------------------|---------|----------|------------|-------------|---------|
| XR2 Grill - Week 2 Day 4 - ServingDate: 10/19/2017 | | | | | | | |
| Hamburger, 2.4 oz beef, soy, mushroom patty, hamburger roll, RECIPE - OKR1165 (1 burger) | 25 | 300.00 | 9.00 | 3.00 | 450.00 | 34.00 | 18.00 |
| Spicy Chicken Burger, Tyson patty, hamburger roll, RECIPE - OKR1167 (1 burger) | 50 | 430.00 | 17.00 | 3.00 | 670.00 | 48.00 | 21.00 |
| 100% Apple Juice - SR1204 (4 fl oz cup) | 100 | 60.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |
| Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl) | 10 | (M) | (M) | (M) | (M) | (M) | (M) |
| Banana - SR1166 (1 medium (7")) | 10 | 105.02 | 0.39 | 0.13 | 1.18 | 26.95 | 1.29 |
| Diced Bartlett Pears - SR1194 (1/2 c.) | 10 | 70.42 | 0.10 | 0.01 | 5.63 | 18.22 | 0.00 |
| Fresh Whole Oranges - SR1171 (1 small (2-3)) | 10 | 45.12 | 0.12 | 0.01 | 0.00 | 11.28 | 0.90 |
| Fresh Broccoli Florets - SR1027 (1/2 c.) | 50 | 10.84 | 0.12 | 0.01 | 10.53 | 2.12 | 0.90 |
| Caesar Side Salad - SR1428 (1 c.) | 50 | 104.50 | 8.24 | 2.04 | 402.31 | 5.67 | 2.49 |
| Country Style Potato Wedges - SR1029 (1/2 c.) | 150 | 90.28 | 2.51 | 0.00 | 30.09 | 15.05 | 2.01 |
| Chocolate Skim Milk - OKR1062 (8 oz.) | 40 | 120.00 | 0.00 | 0.00 | 180.00 | 20.00 | 8.00 |
| While 1% Milk - OKR1061 (8 oz.) | 40 | 110.00 | 2.50 | 1.50 | 130.00 | 13.00 | 8.00 |
| White Skim Milk - OKR1060 (8 oz.) | 40 | 90.00 | 0.00 | 0.00 | 130.00 | 13.00 | 8.00 |
| Caesar Dressing - SR1551 (2 tbsp.) | 50 | 130.00 | 14.00 | 2.50 | 210.00 | 1.00 | 1.00 |
| Diced Yellow Onion - SR1264 (2 tbsp.) | 20 | 8.00 | 0.02 | 0.01 | 0.80 | 1.87 | 0.22 |
| Dill Pickle Chips - SR1399 (2 tbsp.) | 40 | 0.00 | 0.00 | 0.00 | 101.00 | 0.00 | 0.00 |
| Kansas City Barbecue Sauce - OKR1022 (1 tbsp.) | 20 | 30.00 | 0.00 | 0.00 | 200.00 | 7.50 | 0.00 |
| Ketchup - SR1004 (1 tbsp.) | 150 | (M) | (M) | (M) | (M) | (M) | (M) |

Menu Calendar Nutrient Analysis Report - October, 2017

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Date: 10/01/2017 - 10/31/2017

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Fat (g) | Sfat (g) | Na (mg) | Carb (g) | Pro (g) |
|--|-------------|--------------------|---------|----------|------------|-------------|---------|
| XR2 Grill - Week 2 Day 4 - ServingDate: 10/19/2017 | | | | | | | |
| Shredded Lettuce - SR1015 (1/4 cup shredd) | 30 | 2.52 | 0.03 | 0.00 | 1.80 | 0.54 | 0.16 |
| Light Mayo - SR1005 (1 tbsp.) | 30 | 45.00 | 4.00 | 0.50 | 130.00 | 2.00 | 0.00 |
| Yellow Mustard - SR1006 (1 tbsp.) | 30 | 0.00 | 0.00 | 0.00 | 165.00 | 0.00 | 0.00 |
| Light Ranch Dressing - SR1003 (1 tbsp.) | 60 | 25.00 | 1.75 | 0.25 | 185.00 | 2.50 | 0.00 |
| Jalapeno Pepper Slices - SR1074 (1 tbsp.) | 30 | 1.25 | 0.00 | 0.00 | 75.00 | 0.25 | 0.00 |
| Sliced Red Tomatoes - SR1536 (2 1/2 slice) | 20 | 6.75 | 0.08 | 0.01 | 1.88 | 1.46 | 0.33 |
| XR2 Grill -Week 3 Day 2 - ServingDate: 10/24/2017 | | | | | | | |
| Cheeseburger, 2.4 oz beef, soy, mushroom patty, American cheese, hamburger roll, RECIPE - OKR1164 (1 burger) | 75 | 350.00 | 13.50 | 5.50 | 705.00 | 34.00 | 20.50 |
| Chicken Burger, Tyson breaded patty, hamburger roll, RECIPE - OKR1124 (1 burger) | 50 | 430.00 | 17.00 | 2.50 | 670.00 | 47.00 | 22.00 |
| Hamburger, 2.4 oz beef, soy, mushroom patty, hamburger roll, RECIPE - OKR1165 (1 burger) | 50 | 300.00 | 9.00 | 3.00 | 450.00 | 34.00 | 18.00 |
| Pulled Pork Sandwich, Brookwood Pork - OKR1216 (1 sandwich) | 75 | 403.10 | 19.15 | 5.88 | 326.70 | 31.00 | 28.18 |
| Spicy Chicken Burger, Tyson patty, hamburger roll, RECIPE - OKR1167 (1 burger) | 50 | 430.00 | 17.00 | 3.00 | 670.00 | 48.00 | 21.00 |
| 100% Apple Juice - SR1204 (4 fl oz cup) | 150 | 60.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |
| Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl) | 10 | (M) | (M) | (M) | (M) | (M) | (M) |
| Banana - SR1166 (1 medium (7")) | 10 | 105.02 | 0.39 | 0.13 | 1.18 | 26.95 | 1.29 |
| Fresh Whole Oranges - SR1171 (1 small (2-3)) | 10 | 45.12 | 0.12 | 0.01 | 0.00 | 11.28 | 0.90 |

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Date: 10/01/2017 - 10/31/2017

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Fat (g) | Sfat (g) | Na (mg) | Carb (g) | Pro (g) |
|--|----------------|--------------------|---------|----------|------------|-------------|---------|
| XR2 Grill -Week 3 Day 2 - ServingDate: 10/24/2017 | | | | | | | |
| Diced Peaches - SR1196 (1/2 c.) | 10 | 59.11 | 0.04 | 0.00 | 5.37 | 15.54 | 0.85 |
| Baked Beans, vegetarian - OKR1318 (1/2 c.) | 200 | 190.92 | 0.01 | 0.00 | 797.38 | 44.03 | 7.66 |
| Fresh Broccoli Florets - SR1027 (1/2 c.) | 40 | 10.84 | 0.12 | 0.01 | 10.53 | 2.12 | 0.90 |
| Caesar Side Salad - SR1428 (1 c.) | 50 | 104.50 | 8.24 | 2.04 | 402.31 | 5.67 | 2.49 |
| Chocolate Skim Milk - OKR1062 (8 oz.) | 50 | 120.00 | 0.00 | 0.00 | 180.00 | 20.00 | 8.00 |
| While 1% Milk - OKR1061 (8 oz.) | 50 | 110.00 | 2.50 | 1.50 | 130.00 | 13.00 | 8.00 |
| White Skim Milk - OKR1060 (8 oz.) | 25 | 90.00 | 0.00 | 0.00 | 130.00 | 13.00 | 8.00 |
| Caesar Dressing - SR1551 (2 tbsp.) | 50 | 130.00 | 14.00 | 2.50 | 210.00 | 1.00 | 1.00 |
| Diced Yellow Onion - SR1264 (2 tbsp.) | 30 | 8.00 | 0.02 | 0.01 | 0.80 | 1.87 | 0.22 |
| Dill Pickle Chips - SR1399 (2 tbsp.) | 40 | 0.00 | 0.00 | 0.00 | 101.00 | 0.00 | 0.00 |
| Kansas City Barbecue Sauce - OKR1022 (1 tbsp.) | 25 | 30.00 | 0.00 | 0.00 | 200.00 | 7.50 | 0.00 |
| Ketchup - SR1004 (1 pump) | 150 | 40.00 | 0.00 | 0.00 | 320.00 | 10.00 | 0.00 |
| Shredded Lettuce - SR1015 (1/4 cup shredd) | 25 | 2.52 | 0.03 | 0.00 | 1.80 | 0.54 | 0.16 |
| Light Mayo - SR1005 (1 tbsp.) | 30 | 45.00 | 4.00 | 0.50 | 130.00 | 2.00 | 0.00 |
| Yellow Mustard - SR1006 (1 tbsp.) | 30 | 0.00 | 0.00 | 0.00 | 165.00 | 0.00 | 0.00 |
| Light Ranch Dressing - SR1003 (1 tbsp.) | 60 | 25.00 | 1.75 | 0.25 | 185.00 | 2.50 | 0.00 |
| Jalapeno Pepper Slices - SR1074 (1 tbsp.) | 30 | 1.25 | 0.00 | 0.00 | 75.00 | 0.25 | 0.00 |
| Sliced Red Tomatoes - SR1536 (2 1/2 slice) | 20 | 6.75 | 0.08 | 0.01 | 1.88 | 1.46 | 0.33 |

Menu Calendar Nutrient Analysis Report - October, 2017

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Date: 10/01/2017 - 10/31/2017

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Fat (g) | Sfat (g) | Na (mg) | Carb (g) | Pro (g) |
|---|----------------|--------------------|---------|----------|------------|-------------|---------|
| XR2 Grill - Week 3 Day 3 - ServingDate: 10/25/2017 | | | | | | | |
| Chicken Burger, Tyson breaded patty, hamburger roll, RECIPE - OKR1124 (1 burger) | 50 | 430.00 | 17.00 | 2.50 | 670.00 | 47.00 | 22.00 |
| Hamburger - SR1107 (1 burger) | 100 | 270.00 | 9.00 | 3.00 | 440.00 | 28.00 | 18.00 |
| Spicy Chicken Burger, Tyson patty, hamburger roll, RECIPE - OKR1167 (1 burger) | 50 | 430.00 | 17.00 | 3.00 | 670.00 | 48.00 | 21.00 |
| American Cheese Slice - SR1535 (1/2 oz.) | 25 | 50.00 | 4.50 | 2.50 | 255.00 | 0.00 | 2.50 |
| Provolone Cheese Slice; Schreiber - OKR1213 (1/2 oz.) | 25 | 53.33 | 4.00 | 2.00 | 120.00 | 0.00 | 3.33 |
| Swiss-American Cheese Slice; Schreiber - OKR1212 (1/2 oz.) | 25 | 50.00 | 4.00 | 2.50 | 0.00 | 0.50 | 3.00 |
| 100% Apple Juice - SR1204 (4 fl oz cup) | 100 | 60.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |
| Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl) | 10 | (M) | (M) | (M) | (M) | (M) | (M) |
| Applesauce - SR1195 (1/2 c.) | 10 | 55.51 | 0.13 | 0.01 | 2.64 | 14.89 | 0.23 |
| Banana - SR1166 (1 medium (7")) | 10 | 105.02 | 0.39 | 0.13 | 1.18 | 26.95 | 1.29 |
| Fresh Whole Oranges - SR1171 (1 small (2-3)) | 10 | 45.12 | 0.12 | 0.01 | 0.00 | 11.28 | 0.90 |
| Fresh Baby Carrots - SR1016 (1/2 c.) | 40 | 24.81 | 0.09 | 0.02 | 55.28 | 5.84 | 0.45 |
| Garden Side Salad - SR1429 (1 c.) | 25 | 18.89 | 0.18 | 0.03 | 31.03 | 3.96 | 1.15 |
| Potato Fry - OKR1089 (1/2 c.) | 150 | 110.00 | 3.50 | 0.50 | 130.00 | 18.00 | 2.00 |
| Chocolate Skim Milk - OKR1062 (8 oz.) | 40 | 120.00 | 0.00 | 0.00 | 180.00 | 20.00 | 8.00 |
| White 1% Milk - OKR1061 (8 oz.) | 40 | 110.00 | 2.50 | 1.50 | 130.00 | 13.00 | 8.00 |
| White Skim Milk - OKR1060 (8 oz.) | 40 | 90.00 | 0.00 | 0.00 | 130.00 | 13.00 | 8.00 |
| Barbecue Honey Sauce - OKR1198 (1/8 c.) | 20 | 73.76 | 0.00 | 0.00 | 320.34 | 18.96 | 0.03 |
| Buffalo Ranch Dressing - SR1453 (1 tbsp.) | 20 | 16.79 | 1.17 | 0.17 | 323.35 | 1.69 | 0.01 |

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Date: 10/01/2017 - 10/31/2017

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Fat (g) | Sfat (g) | Na (mg) | Carb (g) | Pro (g) |
|--|----------------|--------------------|---------|----------|------------|-------------|---------|
| XR2 Grill - Week 3 Day 3 - ServingDate: 10/25/2017 | | | | | | | |
| Caramelized Onions - SR1210 (1/4 c.) | 30 | 66.38 | 2.90 | 0.29 | 4.14 | 9.67 | 1.14 |
| Diced Yellow Onion - SR1264 (2 tbsp.) | 20 | 8.00 | 0.02 | 0.01 | 0.80 | 1.87 | 0.22 |
| Dill Pickle Chips - SR1399 (2 tbsp.) | 40 | 0.00 | 0.00 | 0.00 | 101.00 | 0.00 | 0.00 |
| Kansas City Barbecue Sauce - OKR1022 (1 tbsp.) | 20 | 30.00 | 0.00 | 0.00 | 200.00 | 7.50 | 0.00 |
| Ketchup - SR1004 (1 pump) | 150 | 40.00 | 0.00 | 0.00 | 320.00 | 10.00 | 0.00 |
| Shredded Lettuce - SR1015 (1/4 cup shredd) | 20 | 2.52 | 0.03 | 0.00 | 1.80 | 0.54 | 0.16 |
| Light Mayo - SR1005 (1 tbsp.) | 30 | 45.00 | 4.00 | 0.50 | 130.00 | 2.00 | 0.00 |
| Yellow Mustard - SR1006 (1 tbsp.) | 20 | 0.00 | 0.00 | 0.00 | 165.00 | 0.00 | 0.00 |
| Light Ranch Dressing - SR1003 (1 tbsp.) | 60 | 25.00 | 1.75 | 0.25 | 185.00 | 2.50 | 0.00 |
| Jalapeno Pepper Slices - SR1074 (1 tbsp.) | 30 | 1.25 | 0.00 | 0.00 | 75.00 | 0.25 | 0.00 |
| Chipotle Lime Mayonnaise - SR1294 (1 tbsp.) | 20 | 39.74 | 3.13 | 0.35 | 102.90 | 3.30 | 0.04 |
| Sauteed Peppers - OKR1210 (1/4 cup strips) | 20 | 51.76 | 3.03 | 0.32 | 4.02 | 6.21 | 1.15 |
| Sliced Red Tomatoes - SR1536 (2 1/2 slice) | 20 | 6.75 | 0.08 | 0.01 | 1.88 | 1.46 | 0.33 |
| XR2 Grill - Week 3 Day 4 - ServingDate: 10/26/2017 | | | | | | | |
| Cheeseburger, 2.4 oz beef, soy, mushroom patty, American cheese, hamburger roll, RECIPE - OKR1164 (1 burger) | 50 | 350.00 | 13.50 | 5.50 | 705.00 | 34.00 | 20.50 |
| Chicken Burger, Tyson breaded patty, hamburger roll, RECIPE - OKR1124 (1 burger) | 50 | 430.00 | 17.00 | 2.50 | 670.00 | 47.00 | 22.00 |
| Grilled Chicken Sandwich - OKR1151 (1 sandwich) | 50 | 260.00 | 7.00 | 1.50 | 430.00 | 31.00 | 19.00 |

Menu Calendar Nutrient Analysis Report - October, 2017

Site: Guthrie High School

Date: 10/01/2017 - 10/31/2017

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Fat (g) | Sfat (g) | Na (mg) | Carb (g) | Pro (g) |
|--|----------------|--------------------|---------|----------|------------|-------------|---------|
| XR2 Grill - Week 3 Day 4 - ServingDate: 10/26/2017 | | | | | | | |
| Hamburger, 2.4 oz beef, soy, mushroom patty, hamburger roll, RECIPE - OKR1165 (1 burger) | 50 | 300.00 | 9.00 | 3.00 | 450.00 | 34.00 | 18.00 |
| Spicy Chicken Burger, Tyson patty, hamburger roll, RECIPE - OKR1167 (1 burger) | 50 | 430.00 | 17.00 | 3.00 | 670.00 | 48.00 | 21.00 |
| 100% Apple Juice - SR1204 (4 fl oz cup) | 150 | 60.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |
| Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl) | 10 | (M) | (M) | (M) | (M) | (M) | (M) |
| Banana - SR1166 (1 medium (7")) | 10 | 105.02 | 0.39 | 0.13 | 1.18 | 26.95 | 1.29 |
| Diced Bartlett Pears - SR1194 (1/2 c.) | 10 | 70.42 | 0.10 | 0.01 | 5.63 | 18.22 | 0.00 |
| Fresh Whole Oranges - SR1171 (1 small (2-3)) | 10 | 45.12 | 0.12 | 0.01 | 0.00 | 11.28 | 0.90 |
| Fresh Broccoli Florets - SR1027 (1/2 c.) | 40 | 10.84 | 0.12 | 0.01 | 10.53 | 2.12 | 0.90 |
| Caesar Side Salad - SR1428 (1 c.) | 40 | 104.50 | 8.24 | 2.04 | 402.31 | 5.67 | 2.49 |
| Country Style Potato Wedges - SR1029 (1/2 c.) | 200 | 90.28 | 2.51 | 0.00 | 30.09 | 15.05 | 2.01 |
| Chocolate Skim Milk - OKR1062 (8 oz.) | 40 | 120.00 | 0.00 | 0.00 | 180.00 | 20.00 | 8.00 |
| While 1% Milk - OKR1061 (8 oz.) | 40 | 110.00 | 2.50 | 1.50 | 130.00 | 13.00 | 8.00 |
| White Skim Milk - OKR1060 (8 oz.) | 40 | 90.00 | 0.00 | 0.00 | 130.00 | 13.00 | 8.00 |
| Caesar Dressing - SR1551 (2 tbsp.) | 40 | 130.00 | 14.00 | 2.50 | 210.00 | 1.00 | 1.00 |
| Diced Yellow Onion - SR1264 (2 tbsp.) | 20 | 8.00 | 0.02 | 0.01 | 0.80 | 1.87 | 0.22 |
| Dill Pickle Chips - SR1399 (2 tbsp.) | 40 | 0.00 | 0.00 | 0.00 | 101.00 | 0.00 | 0.00 |
| Kansas City Barbecue Sauce - OKR1022 (1 tbsp.) | 20 | 30.00 | 0.00 | 0.00 | 200.00 | 7.50 | 0.00 |
| Ketchup - SR1004 (1 pump) | 150 | 40.00 | 0.00 | 0.00 | 320.00 | 10.00 | 0.00 |

Menu Calendar Nutrient Analysis Report - October, 2017

Site: Guthrie High School

Date: 10/01/2017 - 10/31/2017

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Fat (g) | Sfat (g) | Na (mg) | Carb (g) | Pro (g) |
|--|----------------|--------------------|---------|----------|------------|-------------|---------|
| XR2 Grill - Week 3 Day 4 - ServingDate: 10/26/2017 | | | | | | | |
| Shredded Lettuce - SR1015 (1/4 cup shredd) | 20 | 2.52 | 0.03 | 0.00 | 1.80 | 0.54 | 0.16 |
| Light Mayo - SR1005 (1 tbsp.) | 30 | 45.00 | 4.00 | 0.50 | 130.00 | 2.00 | 0.00 |
| Yellow Mustard - SR1006 (1 tbsp.) | 30 | 0.00 | 0.00 | 0.00 | 165.00 | 0.00 | 0.00 |
| Light Ranch Dressing - SR1003 (1 tbsp.) | 50 | 25.00 | 1.75 | 0.25 | 185.00 | 2.50 | 0.00 |
| Jalapeno Pepper Slices - SR1074 (1 tbsp.) | 30 | 1.25 | 0.00 | 0.00 | 75.00 | 0.25 | 0.00 |
| Sliced Red Tomatoes - SR1536 (2 1/2 slice) | 20 | 6.75 | 0.08 | 0.01 | 1.88 | 1.46 | 0.33 |
| XR2 Grill - Week 3 Day 5 - ServingDate: 10/27/2017 | | | | | | | |
| Cheeseburger, 2.4 oz beef, soy, mushroom patty, American cheese, hamburger roll, RECIPE - OKR1164 (1 burger) | 75 | 350.00 | 13.50 | 5.50 | 705.00 | 34.00 | 20.50 |
| Chicken Burger, Tyson breaded patty, hamburger roll, RECIPE - OKR1124 (1 burger) | 50 | 430.00 | 17.00 | 2.50 | 670.00 | 47.00 | 22.00 |
| Hamburger, 2.4 oz beef, soy, mushroom patty, hamburger roll, RECIPE - OKR1165 (1 burger) | 50 | 300.00 | 9.00 | 3.00 | 450.00 | 34.00 | 18.00 |
| Spicy Chicken Burger, Tyson patty, hamburger roll, RECIPE - OKR1167 (1 burger) | 75 | 430.00 | 17.00 | 3.00 | 670.00 | 48.00 | 21.00 |
| Three Cheese Toaster - OKR1013 (1 panini) | 50 | 330.00 | 17.00 | 9.25 | 835.00 | 29.00 | 18.00 |
| 100% Apple Juice - SR1204 (4 fl oz cup) | 120 | 60.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |
| Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl) | 10 | (M) | (M) | (M) | (M) | (M) | (M) |
| Banana - SR1166 (1 medium (7")) | 10 | 105.02 | 0.39 | 0.13 | 1.18 | 26.95 | 1.29 |
| Mixed Fruit - SR1037 (1/2 c.) | 10 | 59.05 | 0.00 | 0.00 | 5.13 | 15.22 | 0.59 |

Menu Calendar Nutrient Analysis Report - October, 2017

Site: Guthrie High School

Date: 10/01/2017 - 10/31/2017

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Fat (g) | Sfat (g) | Na (mg) | Carb (g) | Pro (g) |
|--|----------------|--------------------|---------|----------|------------|-------------|---------|
| XR2 Grill - Week 3 Day 5 - ServingDate: 10/27/2017 | | | | | | | |
| Fresh Whole Oranges - SR1171 (1 small (2-3)) | 10 | 45.12 | 0.12 | 0.01 | 0.00 | 11.28 | 0.90 |
| Fresh Celery Sticks - SR1014 (6 stick (4") | 40 | 10.34 | 0.11 | 0.03 | 51.71 | 1.92 | 0.45 |
| Garden Side Salad - SR1429 (1 c.) | 40 | 18.89 | 0.18 | 0.03 | 31.03 | 3.96 | 1.15 |
| Potato Fry - OKR1089 (1/2 c.) | 250 | 110.00 | 3.50 | 0.50 | 130.00 | 18.00 | 2.00 |
| Chocolate Skim Milk - OKR1062 (8 oz.) | 50 | 120.00 | 0.00 | 0.00 | 180.00 | 20.00 | 8.00 |
| White 1% Milk - OKR1061 (8 oz.) | 50 | 110.00 | 2.50 | 1.50 | 130.00 | 13.00 | 8.00 |
| White Skim Milk - OKR1060 (8 oz.) | 50 | 90.00 | 0.00 | 0.00 | 130.00 | 13.00 | 8.00 |
| Diced Yellow Onion - SR1264 (2 tbsp.) | 20 | 8.00 | 0.02 | 0.01 | 0.80 | 1.87 | 0.22 |
| Dill Pickle Chips - SR1399 (2 tbsp.) | 30 | 0.00 | 0.00 | 0.00 | 101.00 | 0.00 | 0.00 |
| Kansas City Barbecue Sauce - OKR1022 (1 tbsp.) | 20 | 30.00 | 0.00 | 0.00 | 200.00 | 7.50 | 0.00 |
| Ketchup - SR1004 (1 pump) | 200 | 40.00 | 0.00 | 0.00 | 320.00 | 10.00 | 0.00 |
| Shredded Lettuce - SR1015 (1/4 cup shredd) | 20 | 2.52 | 0.03 | 0.00 | 1.80 | 0.54 | 0.16 |
| Light Mayo - SR1005 (1 tbsp.) | 30 | 45.00 | 4.00 | 0.50 | 130.00 | 2.00 | 0.00 |
| Yellow Mustard - SR1006 (1 tbsp.) | 30 | 0.00 | 0.00 | 0.00 | 165.00 | 0.00 | 0.00 |
| Light Ranch Dressing - SR1003 (1 tbsp.) | 100 | 25.00 | 1.75 | 0.25 | 185.00 | 2.50 | 0.00 |
| Jalapeno Pepper Slices - SR1074 (1 tbsp.) | 30 | 1.25 | 0.00 | 0.00 | 75.00 | 0.25 | 0.00 |
| Sliced Red Tomatoes - SR1536 (2 1/2 slice) | 30 | 6.75 | 0.08 | 0.01 | 1.88 | 1.46 | 0.33 |
| XR2 Grill - Week 4 Day 1 - ServingDate: 10/30/2017 | | | | | | | |
| Cheeseburger, 2.4 oz beef, soy, mushroom patty, American cheese, hamburger roll, RECIPE - OKR1164 (1 burger) | 75 | 350.00 | 13.50 | 5.50 | 705.00 | 34.00 | 20.50 |

Menu Calendar Nutrient Analysis Report - October, 2017

Site: Guthrie High School

Date: 10/01/2017 - 10/31/2017

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Fat (g) | Sfat (g) | Na (mg) | Carb (g) | Pro (g) |
|--|----------------|--------------------|---------|----------|------------|-------------|---------|
| XR2 Grill - Week 4 Day 1 - ServingDate: 10/30/2017 | | | | | | | |
| Chicken Burger, Tyson breaded patty, hamburger roll, RECIPE - OKR1124 (1 burger) | 50 | 430.00 | 17.00 | 2.50 | 670.00 | 47.00 | 22.00 |
| Corn Dog - SR1023 (1 corn dog) | 50 | 240.00 | 8.00 | 0.00 | 390.00 | 30.00 | 9.00 |
| Hamburger, 2.4 oz beef, soy, mushroom patty, hamburger roll, RECIPE - OKR1165 (1 burger) | 50 | 300.00 | 9.00 | 3.00 | 450.00 | 34.00 | 18.00 |
| Spicy Chicken Burger, Tyson patty, hamburger roll, RECIPE - OKR1167 (1 burger) | 75 | 430.00 | 17.00 | 3.00 | 670.00 | 48.00 | 21.00 |
| 100% Apple Juice - SR1204 (4 fl oz cup) | 150 | 60.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |
| Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl) | 10 | (M) | (M) | (M) | (M) | (M) | (M) |
| Banana - SR1166 (1 medium (7")) | 10 | 105.02 | 0.39 | 0.13 | 1.18 | 26.95 | 1.29 |
| Fresh Whole Oranges - SR1171 (1 small (2-3)) | 10 | 45.12 | 0.12 | 0.01 | 0.00 | 11.28 | 0.90 |
| Chilled Pineapple - SR1495 (1/2 c.) | 10 | 62.40 | 0.00 | 0.00 | 1.04 | 16.18 | 0.53 |
| Fresh Baby Carrots - SR1016 (1/2 c.) | 50 | 24.81 | 0.09 | 0.02 | 55.28 | 5.84 | 0.45 |
| Garden Side Salad - SR1429 (1 c.) | 40 | 18.89 | 0.18 | 0.03 | 31.03 | 3.96 | 1.15 |
| Potato Tater Tots - OKR1073 (1/2 c.) | 150 | 90.55 | 3.52 | 0.00 | 160.97 | 14.09 | 1.01 |
| Chocolate Skim Milk - OKR1062 (8 oz.) | 30 | 120.00 | 0.00 | 0.00 | 180.00 | 20.00 | 8.00 |
| White 1% Milk - OKR1061 (8 oz.) | 30 | 110.00 | 2.50 | 1.50 | 130.00 | 13.00 | 8.00 |
| White Skim Milk - OKR1060 (8 oz.) | 30 | 90.00 | 0.00 | 0.00 | 130.00 | 13.00 | 8.00 |
| Diced Yellow Onion - SR1264 (2 tbsp.) | 20 | 8.00 | 0.02 | 0.01 | 0.80 | 1.87 | 0.22 |
| Dill Pickle Chips - SR1399 (2 tbsp.) | 40 | 0.00 | 0.00 | 0.00 | 101.00 | 0.00 | 0.00 |
| Kansas City Barbecue Sauce - OKR1022 (1 tbsp.) | 20 | 30.00 | 0.00 | 0.00 | 200.00 | 7.50 | 0.00 |

Menu Calendar Nutrient Analysis Report - October, 2017

Site: Guthrie High School

Date: 10/01/2017 - 10/31/2017

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Fat (g) | Sfat (g) | Na (mg) | Carb (g) | Pro (g) |
|--|----------------|--------------------|---------|----------|------------|-------------|---------|
| XR2 Grill - Week 4 Day 1 - ServingDate: 10/30/2017 | | | | | | | |
| Ketchup - SR1004 (1 pump) | 200 | 40.00 | 0.00 | 0.00 | 320.00 | 10.00 | 0.00 |
| Shredded Lettuce - SR1015 (1/4 cup shredd) | 20 | 2.52 | 0.03 | 0.00 | 1.80 | 0.54 | 0.16 |
| Light Mayo - SR1005 (1 tbsp.) | 30 | 45.00 | 4.00 | 0.50 | 130.00 | 2.00 | 0.00 |
| Yellow Mustard - SR1006 (1 tbsp.) | 30 | 0.00 | 0.00 | 0.00 | 165.00 | 0.00 | 0.00 |
| Light Ranch Dressing - SR1003 (1 tbsp.) | 75 | 25.00 | 1.75 | 0.25 | 185.00 | 2.50 | 0.00 |
| Jalapeno Pepper Slices - SR1074 (1 tbsp.) | 30 | 1.25 | 0.00 | 0.00 | 75.00 | 0.25 | 0.00 |
| Sliced Red Tomatoes - SR1536 (2 1/2 slice) | 20 | 6.75 | 0.08 | 0.01 | 1.88 | 1.46 | 0.33 |
| XR2 Grill - Week 4 Day 2 - ServingDate: 10/31/2017 | | | | | | | |
| Cheeseburger, 2.4 oz beef, soy, mushroom patty, American cheese, hamburger roll, RECIPE - OKR1164 (1 burger) | 75 | 350.00 | 13.50 | 5.50 | 705.00 | 34.00 | 20.50 |
| Chicken Burger, Tyson breaded patty, hamburger roll, RECIPE - OKR1124 (1 burger) | 50 | 430.00 | 17.00 | 2.50 | 670.00 | 47.00 | 22.00 |
| Hamburger, 2.4 oz beef, soy, mushroom patty, hamburger roll, RECIPE - OKR1165 (1 burger) | 50 | 300.00 | 9.00 | 3.00 | 450.00 | 34.00 | 18.00 |
| Pulled Pork Sandwich, Brookwood Pork - OKR1216 (1 sandwich) | 50 | 403.10 | 19.15 | 5.88 | 326.70 | 31.00 | 28.18 |
| Spicy Chicken Burger, Tyson patty, hamburger roll, RECIPE - OKR1167 (1 burger) | 75 | 430.00 | 17.00 | 3.00 | 670.00 | 48.00 | 21.00 |
| 100% Apple Juice - SR1204 (4 fl oz cup) | 200 | 60.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |
| Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl) | 10 | (M) | (M) | (M) | (M) | (M) | (M) |
| Banana - SR1166 (1 medium (7")) | 10 | 105.02 | 0.39 | 0.13 | 1.18 | 26.95 | 1.29 |

Menu Calendar Nutrient Analysis Report - October, 2017

Site: Guthrie High School

Date: 10/01/2017 - 10/31/2017

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Fat (g) | Sfat (g) | Na (mg) | Carb (g) | Pro (g) |
|---|----------------|--------------------|---------|----------|------------|-------------|---------|
| XR2 Grill - Week 4 Day 2 - ServingDate: 10/31/2017 | | | | | | | |
| Fresh Whole Oranges - SR1171 (1 small (2-3)) | 10 | 45.12 | 0.12 | 0.01 | 0.00 | 11.28 | 0.90 |
| Diced Peaches - SR1196 (1/2 c.) | 10 | 59.11 | 0.04 | 0.00 | 5.37 | 15.54 | 0.85 |
| Baked Beans, vegetarian - OKR1318 (1/2 c.) | 175 | 190.92 | 0.01 | 0.00 | 797.38 | 44.03 | 7.66 |
| Fresh Broccoli Florets - SR1027 (1/2 c.) | 50 | 10.84 | 0.12 | 0.01 | 10.53 | 2.12 | 0.90 |
| Caesar Side Salad - SR1428 (1 c.) | 50 | 104.50 | 8.24 | 2.04 | 402.31 | 5.67 | 2.49 |
| Chocolate Skim Milk - OKR1062 (8 oz.) | 50 | 120.00 | 0.00 | 0.00 | 180.00 | 20.00 | 8.00 |
| While 1% Milk - OKR1061 (8 oz.) | 50 | 110.00 | 2.50 | 1.50 | 130.00 | 13.00 | 8.00 |
| White Skim Milk - OKR1060 (8 oz.) | 50 | 90.00 | 0.00 | 0.00 | 130.00 | 13.00 | 8.00 |
| Diced Yellow Onion - SR1264 (2 tbsp.) | 20 | 8.00 | 0.02 | 0.01 | 0.80 | 1.87 | 0.22 |
| Dill Pickle Chips - SR1399 (2 tbsp.) | 40 | 0.00 | 0.00 | 0.00 | 101.00 | 0.00 | 0.00 |
| Kansas City Barbecue Sauce - OKR1022 (1 tbsp.) | 20 | 30.00 | 0.00 | 0.00 | 200.00 | 7.50 | 0.00 |
| Ketchup - SR1004 (1 pump) | 200 | 40.00 | 0.00 | 0.00 | 320.00 | 10.00 | 0.00 |
| Shredded Lettuce - SR1015 (1/4 cup shredd) | 30 | 2.52 | 0.03 | 0.00 | 1.80 | 0.54 | 0.16 |
| Light Mayo - SR1005 (1 tbsp.) | 30 | 45.00 | 4.00 | 0.50 | 130.00 | 2.00 | 0.00 |
| Yellow Mustard - SR1006 (1 tbsp.) | 30 | 0.00 | 0.00 | 0.00 | 165.00 | 0.00 | 0.00 |
| Light Ranch Dressing - SR1003 (1 tbsp.) | 75 | 25.00 | 1.75 | 0.25 | 185.00 | 2.50 | 0.00 |
| Jalapeno Pepper Slices - SR1074 (1 tbsp.) | 30 | 1.25 | 0.00 | 0.00 | 75.00 | 0.25 | 0.00 |
| Sliced Red Tomatoes - SR1536 (2 1/2 slice) | 20 | 6.75 | 0.08 | 0.01 | 1.88 | 1.46 | 0.33 |

Legend

(M) - Missing Nutrient Values

Menu Calendar Nutrient Analysis Report - October, 2017

Site: Guthrie High School
Date: 10/01/2017 - 10/31/2017

Report Selections

Meal Type: Lunch
Site Group: CrossRoads Café
Menu Line: CRC-Grill
Serving Group: 9-12
Nutrients Option: Expanded